NESCO

Tested Recipes for

Automatic Electric Roasters

NATIONAL ENAMELING AND STAMPING COMPANY
MILWAUKEE 1, WISCONSIN
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You are going to enjoy your Nesco Electric Roaster! For it is thoroughly modern in every respect—a practical, efficient and dependable worker.

With Your Nesco, you can prepare complete oven meals—meat, vegetables and dessert, all cooked at one time by electricity, the safe, clean and thrifty way. It will also roast, broil, steam and bake to perfection. And for foods which require long, slow cooking, such as baked beans, stews and soups, it is unsurpassed. The automatic thermostat permits you to select the temperature desired, just as on any modern range.

Best of all, it is easy to learn how to use this Nesco Electric Roaster. Only a few simple rules need be remembered. As for recipes, you can keep right on using your old favorites and standbys, with a few minor changes in time and temperature in certain instances. The recipes given in this manual are merely basic. From them, other recipes of the same general type can be readily adapted for use in the Nesco.

First of all, however, be sure to read the introductory pages of this Manual, and identify the various parts of the roaster and its accessories—what they are for and when and how each is used. After that, specific directions for each type of cooking are given under the appropriate classification of recipes. Every recipe included has been individually tested in our experimental kitchen.
KNOW Your NESCO...

MAKE COOKING A PLEASURE

The NESCO all-purpose Electric roaster is compact, light in weight, easily portable—nevertheless does the cooking of a range oven and does it supremely well. The roaster consists of three basic parts; namely the combined base and body which houses the heating element; the removable cooking well, and the cover. Follow the illustrations and become acquainted with the parts.

THE COVER

Roaster number 106 is equipped with a spring actuated, self-raising cover mechanism. A quarter turn of the knob automatically opens the cover to a 90 degree angle. The cover a single shell of stainless steel is polished outside and satin finished inside. The browning vent is clearly marked for all types of cooking.

Roaster number 105 is equipped with a hingeless, single shell aluminum cover, polished outside, and satin finished inside. Equipped with slide type vent control and plastic cover handle.

2-PIECE ADJUSTABLE BAKE RACK

The large wire roast rack fits into the cooking well and is ideal for use in roasting meats and fowl. This roast rack makes it very easy to lift the finished roast from the roaster. The flat rack may be used when baking pies and cakes or to support meats and fish when broiler-griddle is used. (See page of accessories.)

THE PORCELAIN ENAMELED COOKING WELL

This removable cooking well must be used at all times. Never place foods directly in the body of the roaster. The cooking well is made of heavy steel, coated with porcelain enamel. It is of sturdy, one-piece construction—with smooth, rounded edges and corners for easy washing.
THE ROASTER BODY

This body houses the electric heating element and thermostat.
It is made of strong steel covered with a heavy coating of baked enamel.
The side walls and bottom are heavily insulated with glass wool, selected for its exceptional efficiency and light weight. This body must never be immersed in water. To clean the well, wipe with a damp cloth when roaster is cool.

THE THERMOSTAT

Built into the heating element of the roaster, the thermostat will control the cooking temperatures from 150°F to 500°F with but very little variance. It is equipped with a red signal light which flashes to indicate that the roaster is connected and current is in use.

COOKIE SHEET

When baking cookies, this heavily tinned sheet may be placed on the wire rack and used the same as you would in any oven.

CORD SET

The electric cord meets all Underwriters' Laboratory specifications. Plug into any 110-120 volt alternating current. Avoid using extension cord outlets.
The Nesco Electric Roaster is sturdily made to give long wear and full satisfaction. Nevertheless, it should be given the ordinary care and consideration required for any electrical appliance. The body of the roaster may be wiped with a damp cloth but must not be immersed in water. It must not be rubbed with scouring powder or other abrasive cleaner, as this may mar its finish.

The cooking well, cover and other parts of the roaster should be thoroughly washed after each use. The well will be easy to wash if it is removed from the roaster as soon as the food has been taken out.

To clean the cover of Model No. 106, open completely by means of the control dial. Then lift cover out of socket. When using the broiler with the roaster, remove the cover according to the above instructions. The broiler cannot be raised and lowered by means of the cover control dial but must be done by hand.

Hard water can be softened with Calgon. The rich, active suds formed with a mild soap and Calgonized water make it an easy matter to keep your utensils clean and bright, and free from food odors. Easy on the hands, too.

Keep the roaster in a clean, convenient place, with the vent open.

**GENERAL DIRECTIONS FOR**

**Operating**

Specific directions for each type of cooking will be found under the various classifications of recipes

**CURRENT**—The roaster must be operated on alternating (AC) current, of 110 to 120 volts.

**CONNECTING**—Connect the roaster to an electric wall or floor outlet. Set the thermostat at the desired temperature and the signal light will automatically come on; it will go on and off intermittently during the cooking period as current is or is not required to maintain the right temperature.

**PREHEATING**—The roaster is usually
preheated to temperature required with Browning Vent set at "PRE-HEAT."

**COOKING WELL**—This must always be in place whenever the roaster is used for any purpose whatever.

**RACK**—Set pans or other containers on the frame; also large roasts or meats, turkey, baked potatoes and similar foods. It is not necessary to baste or turn foods in the Nesco Roaster.

**TIME AND TEMPERATURE**—Consult the basic recipes and the charts on pages 60 and 61, for directions. As compared to oven baking, you will find similar times and temperatures in some cases; while in others, particularly in baking, higher temperatures and slightly longer cooking periods are recommended.

**POSITIONS OF BROWNING VENT**

The browning vent makes all types of cooking possible because it accurately controls the atmosphere in the roaster. In general, when a moist atmosphere is desired as for pot roasts or stews, keep the vent closed. When a dry atmosphere is necessary, as for baking, set the vent open.

The browning vent of the 106 roaster is a **dial** type which is clearly marked for three positions — Preheat, Bake, and Roast.

The browning vent of the 105 roaster is a **slide** type. This is regulated for Preheat by setting the slide **closed**; for Bake by setting the slide **one-half open**; and for Roast by setting the slide **all open**.

Follow the directions given in the basic recipes and charts when in doubt as to the position of the vent.

**PREHEAT**—or when the vent is closed, is used for preheating the roaster, steamed desserts, some meats, and vegetables.

**BAKE**—or when the vent is one-half open, is used for breads, pies, cakes, puddings, fish, and casserole dishes.

**ROAST**—or when the vent is open, is used for most meats and poultry.

**OPENING**—Follow instructions on page 8 carefully. You will find this cover opener an easy and quick way to lift the lid.

**REMOVING FOOD**—Without disturbing the food, lift the rack straight up, and hook it on the well. The food can then be taken out with complete ease and safety.
HELPFUL

Accessory Equipment

YOU’LL WANT FOR YOUR ROASTER

3-PIECE COOKING SET

These two 3-quart covered vegetable pans and the 4¾-quart open roasting pan may be used for the preparation of several foods at one time in your roaster. They are black porcelain enameled finish and fit either roaster number 105 or 106. Specify set No. 94003 when ordering from your dealer.

BROILER-GRIDDLES

For broiling steaks, chops and fish the NESCO Broiler-Griddle will delight you. No. 3012 is equipped with a hinged back that fits into the cover hinge on roaster No. 106. It is made of cast aluminum, with a black plastic handle.

May also be used for frying pancakes, grilling cheese sandwiches, etc.

Broiler-Griddle No. 3013 fits roaster No. 105. It is made of heavy drawn aluminum, with a cool plastic handle. You will increase the usefulness of your roaster with a broiler-griddle.
DELUXE CABINET

No worry as to where to store your roaster if it is placed on this DeLuxe Cabinet base. White baked enamel on strong sturdy steel. Hinged front door — two storage shelves. Black trim — chrome plated door handles and rubber casters for moving about your kitchen. Specify No. 89005 when ordering from dealer.

... AND Casseroles TOO!

Every family can use one, or both of these NESCO Casseroles. For preparing small roasts, warming up rolls or left-overs, making soup, or baking Casserole recipes. These two Casserole help-mates will serve a useful purpose in your kitchen.

No. 7014

OVAL CASSEROLE


No. 4211

ROUND CASSEROLE

The Nesco is ideal for cooking complete oven meals. Using the pan set, meat and two vegetables; or meat, one vegetable and a dessert may be cooked all at one time—with the same heat, with practically no more effort than is required to prepare the various individual dishes.

**WELL-BALANCED MEALS WITH RECIPE PAGE NUMBERS**

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**PICNIC MENU**

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<td>Assorted Sandwiches</td>
<td>—</td>
</tr>
<tr>
<td>Cherry Pie</td>
<td>30</td>
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You will find in this section delicious, easy-to-prepare oven meal combinations. With these as a guide, you will be able to plan similar menus, using other recipes appearing in this book, as well as your own favorite recipes.

When cooking large pieces of meat, cook until the last hour, then add vegetables or pudding. When cooking small pieces of meat or meat loaves, choose vegetables or pudding which will require the same length of time for cooking.

With your NESCO you can easily enjoy delicious meals like the one suggested below. Just put the entire meal in your electric NESCO roaster. Set the thermostat, and forget it.

**Roast Stuffed Chicken:**

- 4 cups dry bread or cracker crumbs
- 3 tablespoons chopped onions
- 8 tablespoons melted chicken fat
- ½ teaspoon poultry seasoning
- ½ teaspoon salt
- 4 or 5 lb. Roasting Chicken

Mix together and pack stuffing loosely into cavity of cleaned chicken. Brush outside of chicken with melted fat and rub with salt. Place in meat pan on rack frame to sear about 30 minutes at 500°. Re-set thermostat to 350° (allowing 20 to 30 minutes per lb.).
Vegetables:
Brush six small, peeled potatoes with melted butter and place in pan around chicken. Sprinkle with salt. Baked onions: 4 large or six small white onions.

- 3 tablespoons butter
- ½ teaspoon salt
- ¼ cup milk
- ⅛ teaspoon pepper

Peel onions, slice about ¼ inch thick and arrange in layers in covered, greased vegetable pan, dotting each layer with butter, salt and pepper. Pour milk over all, cover, place on rack with chicken.

Happy Apple Crisp, dessert:

- 8 tablespoons shortening
- ¾ cup flour
- 1 cup brown sugar, molasses, honey, maple, sorghum or corn syrup
- 4 cups pared apples sliced thinly
- 1 teaspoon cinnamon
- ½ cup water
- (add ¼ teaspoon soda if molasses or sorghum are used)

Cream shortening and brown sugar well. Work in flour and cinnamon. Place half the amount of apples in greased vegetable pan or loaf tin, add layer of half of the first mixture. Repeat. Pour water over all and place uncovered in roaster with above.
Hot breads, yeast breads and stemmed breads may be "done to a turn" in the Nesco Roaster. The Browning Vent on your Nesco Roaster gives you complete control of the degree of brownness you desire for your foods. In general, the Browning Vent is set at Bake or the Slide Vent set one-half open for quick, dry baking, such as biscuits, muffins and quick breads. If a browner product is desired set at Roast or all open.

**MUFFINS**

Muffin batters should be stirred, not beaten. The batter should be lumpy. If muffin batters are beaten until smooth, the baked product is tough, the texture uneven and tunneled, and there is usually a peak or hump on top. Also the crust will not be so well browned.

Muffin batters should be put into greased muffin pans as soon as mixed. Drop batter from a tablespoon, quickly and lightly, into the prepared pans. Successful muffins depend largely upon how quickly ingredients are mixed and put into pans.

Muffins and other quick breads are done when they are fully risen and level with the line of the baking pan; when the tops are firm and delicately brown and the bread has shrunk slightly from the sides of the pan. If the top is tapped lightly with a finger, it springs back under the touch, and if the pan is held near the ear there should be no steaming or singing sound. A thin wire or wooden tester comes out dry and clean when inserted in the center of the baked product.

Small or individual breads are usually served hot and freshly baked. Small or thin hot breads are better if broken in pieces than cut. Larger breads and loaves must be cooled before using. Turn all loaves of bread from the pan and place on a wire rack or on the inverted baking pan—never on a cloth, as this causes steaming and makes the crust soggy.
Biscuits

Temperature, 500°  Time, 15 minutes

2 cups sifted flour  4 tablespoons shortening
4 teaspoons baking powder  1 cup milk or water
1 teaspoon salt

Sift dry ingredients, rub in shortening with fingertips or cut in with two knives. Add liquid and mix to a soft dough. Toss on a slightly floured board, knead lightly for 15-20 strokes, pat into shape, and cut with biscuit cutter. Set Browning Vent at Bake position. Small biscuits will bake in from 10 to 12 minutes.

Bran Oatmeal Muffins

Temperature, 375°  Time, 25 to 30 minutes  Amount, 12 muffins

3 tablespoons shortening  3/4 cup rolled oatmeal
1/4 cup sugar  1 1/2 cups sifted flour
1 egg, slightly beaten  4 teaspoons baking powder
1 1/2 cups milk  1/2 teaspoon salt
1 cup wheat bran


Muffins in One Bowl

Temperature, 375° or 400°  Time, 20 to 30 minutes  Amount, 12 medium muffins

2 cups sifted flour  1/4 cup sugar
1 tablespoon baking powder  2 eggs
3/4 teaspoon salt  1 cup milk
3 tablespoons shortening

Sift flour, baking powder and salt together. Cream shortening and sugar together. Add eggs, one at a time, beating well after each addition. Add flour mixture and milk alternately, stirring only until flour disappears. Fill greased muffin pans 2/3 full. Set Browning Vent at Bake position.
Nothing is more certain to add "that extra something" that makes even a simple meal delicious, than quick hot breads so easy to prepare with the Nesco Roaster. Quick loaf breads are made with baking powder or soda, or both, instead of yeast. They are sometimes called emergency breads. Quick loaf breads are not always baked in loaf pans; for example, corn bread and Sally Lunn are baked in shallow pans; spoon breads in baking dishes or casseroles; coffee cakes in baking pans or layer cake pans; and Boston Brown Bread is either baked in loaves or steamed in covered cans or special molds.

Quick loaf breads are closely related to muffins and a muffin method is most frequently used to mix them. When other flours are used, such as graham, whole wheat, rye, cornmeal, or bran, they are mixed with, not sifted with, the other dry ingredients. Stir only long enough to combine the ingredients, until the flour is dampened. The batter is usually quite thick and lumpy.

When baking quick loaf breads, use a moderate oven varying from 325° to 400°,
depending upon the mixture to be baked. The thicker the batter, the longer it must bake and the lower the temperature should be. Take from the oven when they are fully risen, when the top crust is nicely browned and the bread has shrunk slightly from the sides of the pan. The center top should spring lightly back under the slight pressure of the finger.

As the loaf bakes, heat forms a surface crust over the loaf before the center has finished rising. When the batter in the center expands, it may break through the top crust to form a crack. Most deep loaves of quick breads have a slight crack in the top crust which is unavoidable and not considered objectionable.

Quick bread batters may stand in the baking pan for a short time before baking if this is necessary. Keep the mixture covered and in a cool place so the leavening gas will not be released. If too much of this gas escapes, the bread will not be as light.

**Banana Nut Bread**

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Time</th>
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<tbody>
<tr>
<td>350°</td>
<td>60 to 70 minutes</td>
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- 3/4 cup butter
- 1 1/2 cups sugar
- 4 eggs
- 3 cups sifted flour
- 1 1/2 teaspoons salt

Cream butter and sugar. Beat in eggs, one at a time. Sift flour, salt and soda together and mix with nut meats. Mash bananas and add vanilla. Add flour, nuts, and bananas to creamed mixture and blend thoroughly. Pour into oiled and floured loaf pans. Bake in preheated Nesco with Browning Vent at Bake position.

**Boston Brown Bread**

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Time</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>300°</td>
<td>3 hours</td>
<td>3 loaves</td>
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</table>

- 1 cup corn meal
- 1 cup sifted flour
- 3/4 teaspoon soda
- 3/4 teaspoon salt
- 1 teaspoon baking powder

Place adjustable rack in bottom of cooking well. Pour 6 cups hot water into the well, turn thermostat to 500° and heat about 20 minutes, or until vigorous steaming appears. Sift together the cornmeal, flour, soda, salt and baking powder. Add the graham flour. Then add molasses, sour milk and raisins and beat thoroughly. Divide the mixture between 3 greased 1-pound baking powder cans. Cover cans and place on rack in roaster. Steam with Browning Vent set on Preheat.

**Corn Bread**

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Time</th>
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<tbody>
<tr>
<td>475°</td>
<td>20 to 25 minutes</td>
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- 1 cup sifted flour
- 1 to 2 tablespoons sugar
- 1/2 teaspoon salt
- 1 tablespoon baking powder

Sift flour, sugar, salt and baking powder together. Stir cornmeal thoroughly into flour mixture. Combine eggs, milk and shortening. Add to dry ingredients and mix well. Pour into oiled pan size 8 x 8 x 2 inches. Set Browning Vent at Bake position.

NOTE: When substituting sour milk for sweet milk, sift 1/3 teaspoon soda with dry ingredients.
**Date Bread**

<table>
<thead>
<tr>
<th>Temperature, 325°</th>
<th>Times, 75 minutes</th>
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<tbody>
<tr>
<td>1 cup sugar</td>
<td>1 cup pecan meats, chopped fine</td>
</tr>
<tr>
<td>1 tablespoon shortening</td>
<td>1 cup double strength coffee</td>
</tr>
<tr>
<td>1 egg</td>
<td>1 lb. dates, chopped</td>
</tr>
<tr>
<td>1 1/2 cups sifted flour</td>
<td>1 teaspoon baking soda</td>
</tr>
<tr>
<td>1 teaspoon vanilla</td>
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Cream together sugar and shortening. Add the egg and continue beating. Add the flour, vanilla and pecans. Combine the coffee, dates, and baking soda. Add to the flour mixture and stir only until combined. Pour in loaf pan and bake in Nesco with Browning Vent at Bake position.

**Quick Coffee Cake Batter**

<table>
<thead>
<tr>
<th>Temperature, 425°</th>
<th>Time, 25 to 30 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups sifted flour</td>
<td>1 egg, beaten</td>
</tr>
<tr>
<td>1/2 cup sugar</td>
<td>2/3 cup milk</td>
</tr>
<tr>
<td>2 teaspoons baking powder</td>
<td>3 tablespoons melted shortening</td>
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<tr>
<td>1/2 teaspoon salt</td>
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</table>

Sift flour, sugar, baking powder, and salt together. Combine egg, milk and melted shortening. Stir liquid into dry ingredients; stir only until flour is moistened. Pour into an oiled pan and cover with Streusel Topping.

**Streusel Topping**

<p>| | |</p>
<table>
<thead>
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<tbody>
<tr>
<td>2 tablespoons butter</td>
<td>1/4 cup dry bread crumbs</td>
</tr>
<tr>
<td>2 tablespoons sugar</td>
<td>2 teaspoons cinnamon</td>
</tr>
<tr>
<td>1/4 cup flour</td>
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Cream butter, add sugar and cream until fluffy. Add flour, crumbs, cinnamon. Mix to consistency of coarse crumbs and sprinkle over coffee cake batter. Place in Nesco with Browning Vent at Bake Position.
Deviled Ham Biscuits

Temperature, 500°  Time, 15 minutes

\[ \begin{align*}
\frac{3}{4} \text{ cup milk} & \quad 1 \text{ teaspoon minced onion} \\
2 \text{ cups prepared biscuit mix} & \quad 1 \frac{1}{2} \text{ teaspoons Worchester's sauce} \\
4 \text{ ounce can deviled ham} & \quad 1 \text{ teaspoon prepared mustard} \\
4 \text{ teaspoons bottled horseradish} & \quad \text{Melted butter}
\end{align*} \]

Add milk to biscuit mix to make soft dough. Roll \( \frac{1}{8} \) inch thick. Cut with a \( 1 \frac{1}{2} \)-inch cutter. Mix remaining ingredients except the butter. Spread on half the rounds. Cut center out of remaining half, using \( 1 \)-inch cutter. Place remaining on spread rounds. Brush with butter. Bake in roaster preheated, with Browning Vent Set at Bake position.

Nut Bread

Temperature, 350°  Time, 60 to 75 minutes

\[ \begin{align*}
2 \text{ cups sifted flour} & \quad \frac{3}{4} \text{ cup chopped nut meats} \\
3 \text{ teaspoons baking powder} & \quad 1 \text{ cup milk} \\
\frac{1}{2} \text{ teaspoon salt} & \quad 3 \text{ tablespoons melted shortening} \\
\frac{1}{2} \text{ cup sugar} & \quad 1 \text{ egg, beaten}
\end{align*} \]

Sift together the dry ingredients, then add the nut meats. Add milk and melted shortening to the egg. Combine the liquid and dry ingredients, and stir only until the flour is dampened. Bake in greased loaf pan, setting Browning Vent at Bake position.

Spoon Bread

Temperature, 400°  Time, 35 to 40 minutes

\[ \begin{align*}
2 \frac{1}{2} \text{ cups boiling water} & \quad 2 \text{ egg yolks, beaten} \\
2 \text{ cups cornmeal} & \quad 1 \frac{3}{4} \text{ cups milk} \\
1 \frac{1}{2} \text{ teaspoons salt} & \quad 3 \text{ tablespoons melted shortening} \\
1 \text{ tablespoon sugar} & \quad 2 \text{ egg whites, beaten} \\
2 \text{ teaspoons baking powder} & \quad
\end{align*} \]

Add boiling water slowly to cornmeal, stirring constantly. Let stand until cool. Mix salt, sugar and baking powder with egg yolks. Add milk. Add milk mixture to cooled cornmeal. Beat vigorously. Add melted shortening. Fold in egg whites. Bake in greased deep baking dish or pan. Set Browning Vent at Bake position. Serve by spoonfuls from baking dish. This bread is eaten hot with butter.

Five Hour Bread

Temperature, 1 loaf, 375°; Rolls, 425°  Time, 1 loaf, 60 minutes

\[ \begin{align*}
2 \text{ cups milk, scalded} & \quad 1 \text{ teaspoon salt} \\
2 \text{ tablespoons sugar} & \quad 1 \text{ cake compressed yeast} \\
1 \text{ tablespoon fat} & \quad 6 \text{ cups flour}
\end{align*} \]

Cool milk to lukewarm. Add sugar, fat, salt and yeast. Add \( \frac{1}{2} \) flour and beat thoroughly. Add remainder of flour. Knead well. Let stand 3 hours. Shape in loaves. Let rise 1 hour. Set Browning Vent at Bake position.

Whole Wheat Rolls

Temperature 425°  Time, 25 to 30 minutes

\[ \begin{align*}
1 \text{ cake compressed yeast} & \quad 2 \text{ teaspoons salt} \\
\frac{1}{2} \text{ cup lukewarm water} & \quad 1 \text{ egg, slightly beaten} \\
2 \text{ cups scalded milk} & \quad 4 \text{ cups whole wheat flour} \\
\frac{3}{4} \text{ cup brown sugar} & \quad 4 \text{ cups sifted white flour} \\
\frac{1}{2} \text{ cup shortening} & \quad
\end{align*} \]

Dissolve yeast in lukewarm water. Combine milk, sugar, shortening and salt. Let cool to room temperature. Combine the liquids and add the egg. Add the whole wheat flour by cupfuls, mixing well after each addition. Add enough of the white flour to make the dough stiff enough to knead. Knead on a floured board until dough is smooth and satiny. Let rise until double in size. Press down, cover with a damp cloth and waxed paper, and place in refrigerator. When ready to use, knead, shape and allow to rise 3 hours. Set Browning Vent at Bake position.
**BREADS**

**Oatmeal Bread**

**Temperature:** 375°F  
**Time:** 65 to 75 minutes

- 1 cup boiling water
- 2 cups uncooked oatmeal
- ½ cup molasses
- 1 cup milk
- 1 teaspoon salt
- 1 tablespoon butter
- 1 cake compressed yeast
- 5 cups sifted flour


**Refrigerator Bread**

**Temperature:** 1 loaf, 375°F  
**Rolls, 425°F**  
**Time:** 1 loaf, 60 minutes  
**Rolls, 25 minutes**

- 1 teaspoon sugar
- 2 cakes compressed yeast
- ¼ cup lukewarm water
- 2 cups water
- ½ cup sugar
- 1 tablespoon salt
- 2 tablespoons melted shortening
- 2 eggs, slightly beaten
- 8 cups sifted flour

Add teaspoon of sugar to yeast and stir until liquefied. Add the lukewarm water. Combine the remaining water, and sugar with the salt and melted shortening. Add to the yeast mixture with the eggs. Stir in the flour, a cupful at a time, mixing well after each addition. Do not knead. Cover and place in refrigerator. Shape into rolls or bread as desired. Set Browning Vent at Bake position.
Graham Bread

Use 1/2 white bread flour and 1/2 graham flour in the recipe given for Eread in order to make Graham Bread. 1/4 cup of molasses may be substituted for the sugar. Mix and bake as white bread.

Sweet Yeast Dough

(Basic Recipe)

Temperature and Time Determined by Size and Shape

- 1 cup milk, scalded
- 1/4 cup butter
- 1/2 cup sugar
- 1 teaspoon salt
- 2 cakes compressed yeast
- 1/4 cup lukewarm water
- 2 eggs, well beaten
- 5 cups sifted flour

Pour hot milk over butter, sugar and salt. Crumble yeast into lukewarm water to soften. Cool milk to lukewarm and add yeast. Add eggs. Beat in flour to make a soft dough. Turn out on floured board and knead until smooth. Form into a ball and place in oiled bowl. Cover and let rise until double in bulk. Punch down and mold into tea rings, rolls or coffee cakes. If baked in 15 minutes or less, set Browning Vent at Preheat. If baked more than 15 minutes, set Browning Vent at Bake position.

Honey Twist

Temperature, 375° Time, 25 to 35 minutes

When Sweet Yeast Dough is light, form 1/2 the dough into a long roll about 1 inch in diameter. Coil the roll into a greased cake pan beginning at the outside edge and covering the bottom. Brush with Honey Topping. Let rise until double in bulk. Set Browning Vent at Bake position.

Honey Topping

- 1/4 cup butter
- 3/4 cup confectioner’s sugar
- 1 egg white
- 2 tablespoons honey (warmed)

Cream all ingredients together and brush over Twist before baking.

Swedish Tea Ring

Temperature, 375° Time, 30 to 45 minutes

Roll 1/2 the Sweet Yeast Dough into a rectangular sheet about 1/2 inch thick. Brush with melted butter and sprinkle with brown sugar and cinnamon. Roll jelly-roll fashion and shape into a ring. Place on oiled baking sheet and cut with scissors at 1-inch intervals almost through ring. Turn each slice slightly on its side. Cover and let rise until double in size. While warm, frost with White Frosting. Sprinkle with chopped nuts. Set Browning Vent at Bake position.

White Frosting

- 1 cup confectioner’s sugar
- 1 teaspoon vanilla
- 2 tablespoons hot water

Blend all ingredients together thoroughly. Place on top of Swedish Tea Ring.
The oven-baking features of your Nesco Roaster enable you to bake all types of cakes successfully and economically. Since a dry, even-browning heat is necessary in cake-baking, it is important that the Browning Vent be adjusted carefully to suit the type of batter and size of the cake you are baking. Practically all cakes are baked with the Browning Vent set either at Roast or Bake. The pans are set on the rack frame or on the adjustable rack set in the lowest position.

When your cakes are not up to standard, ask yourself the following question:

1. Have you used standard measurements? Standard measuring equipment for cooking consists of a standard cup and a set of standard measuring spoons. Whenever you buy them, be sure they conform to the specifications adopted by the United States Bureau of Standards. There are as follows:

   A standard measuring cup is an accurate 11/2-pint measure—the equivalent of 16 level tablespoons. It is marked on one side to read 1/4, 1/2 and 3/4; on the other to read 1/3 and 2/3.

   Standard measuring spoons include 1 tablespoon, 1 teaspoon, 1/2 teaspoon, and 1/4 teaspoon. The tablespoon is the equivalent of 3 teaspoons.

2. Have you used level measurements? The success rule of every truly modern recipe is “Fill cup or spoon lightly, then draw a knife across top, cutting off excess to level measure.”

3. Have you considered:
   a. Utensils—Cake pans should be made of bright material such as aluminum tin. Dark pans cause an over-browning on bottom. Pans should conform to size and shape of roaster oven.
   b. Baking Powder—Use baking powder according to directions given on can. All baking powders are good, but different brands require the use of different amounts.
   c. Flour—Cake flour gives a finer texture than all-purpose flour. Sift before measuring and do not pack in cup.
   d. Shortening—Shortening should be at room temperature to cream easily. Do not use liquid shortening.
   e. Eggs—Always have eggs at room temperature for best volume in beating.
#### Devil's Food Cake

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup shortening</td>
<td></td>
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<tr>
<td>1 1/4 cups sugar</td>
<td></td>
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<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>2 cups sifted cake flour</td>
<td></td>
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<tr>
<td>1 1/2 teaspoons salt</td>
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</tbody>
</table>

Temperature, 375°  
Times, 40 minutes

Cream shortening, add sugar and cream thoroughly. Beat in eggs. Sift flour, salt, soda together. Add to creamed mixture alternately with milk. Stir in chocolate and vanilla. Bake in two round 8-inch pans or in a 7x10x2 oblong pan set in lowest position. If cake pans are larger than 8", place one pan at the rack frame to the extreme left of the roaster, the second pan in the middle position to the extreme right of the roaster. Then allow additional 5 to 10 minutes. Set Browning Vent at Bake position.

#### Chinese Spice Cake

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 cup butter or margarine</td>
<td></td>
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<tr>
<td>2 cups sugar</td>
<td></td>
</tr>
<tr>
<td>4 egg yolks</td>
<td></td>
</tr>
<tr>
<td>3 cups sifted cake flour</td>
<td></td>
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<tr>
<td>1 tablespoon baking powder</td>
<td></td>
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<tr>
<td>1/4 teaspoon salt</td>
<td></td>
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<tr>
<td>1 1/2 teaspoons nutmeg</td>
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</tbody>
</table>

Temperature, Loaf, 350°  
Time, 45 to 60 minutes

Cream butter or margarine; add sugar and continue creaming until smooth. Beat in egg yolks. Sift together the flour, baking powder, salt and spices. Combine water and vanilla, and add alternately with the dry ingredients to the creamed mixture. Add nut meats. Fold in egg whites. Pour into 9-inch loaf pan or two 9-inch layer pans. Set Browning Vent at Bake position. When cool, cut in squares.

#### English Fruit Cake

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 pound butter or margarine</td>
<td></td>
</tr>
<tr>
<td>1 pound brown sugar</td>
<td></td>
</tr>
<tr>
<td>9 egg whites</td>
<td></td>
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<tr>
<td>9 egg yolks</td>
<td></td>
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<tr>
<td>2 teaspoons milk</td>
<td></td>
</tr>
<tr>
<td>1 pound citron</td>
<td></td>
</tr>
<tr>
<td>3 pounds currants</td>
<td></td>
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</tbody>
</table>

Temperature, 250°  
Time, 3 to 4 hours

Cream butter or margarine. Add 1 cup of the sugar gradually and beat thoroughly. Beat egg whites stiff. Add remaining sugar to egg whites and set aside. Beat egg yolks until thick and lemon colored and add to the creamed mixture. Add the egg whites, milk, fruit and nuts. Sift the flour, mace, cinnamon and soda together and add to the mixture. Pour into greased molds. Bake with Browning Vent set at Preheat or Slide Vent closed until last hour of baking. Then set Browning Vent at Bake for last hour. Time of baking varies with size and number of pans used.

#### Gold Cake

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>3/4 cup butter or margarine</td>
<td></td>
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<tr>
<td>1 1/4 cups sugar</td>
<td></td>
</tr>
<tr>
<td>8 egg yolks</td>
<td></td>
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<tr>
<td>2 1/2 cups sifted cake flour</td>
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</tbody>
</table>

Temperature, 350°  
Time, 60 minutes

Use 8-inch tube cake pan, oiled thoroughly and dusted with flour. Cream butter or margarine, add sugar, and cream together until light and fluffy. Add the egg yolks and beat well. Sift flour and baking powder together, add flavoring to the milk. Add the flour and milk mixtures alternately to the creamed mixture, beginning and ending with the dry ingredients. Beat until smooth and well mixed. Do not over-mix. Place pan on rack frame. Set Browning Vent at Bake position.
**CAKES**

**Angel Food Cake**

Preheat at 200° Temperature, 325° Time, 60 to 70 minutes

- 1 1/2 cups egg whites
- 1 1/2 teaspoons cream of tartar
- 1/4 teaspoon salt
- 1 1/2 cups granulated sugar
- 1/4 teaspoons flavoring
- 1 cup sifted cake flour


**Butter Layer Cake**

Temperature, 400° Time, 35 minutes

- 1/2 cup butter or margarine
- 1 1/2 cups sugar
- 2 eggs
- 2 cups sifted cake flour
- 2 1/2 teaspoons baking powder
- 2 1/3 cup milk
- 1 teaspoon vanilla

Cream butter or margarine and sugar until light and fluffy. Add 1 egg at a time and beat well. Sift flour and baking powder together. Add alternately to the creamed mixture with milk to which the vanilla has been added. Pour into two oiled 8-inch cake pans. Set Browning Vent at Bake position.

**Pound Cake**

Temperature, 325° Time, 2 hours

- 1 pound butter or margarine
- 1 pound sugar
- 1 pound eggs (10 eggs)
- 1 pound sifted flour
- 1/2 teaspoon mace
- 1/2 teaspoon salt
- 1 teaspoon lemon extract
- 1 teaspoon vanilla

Cream the butter or margarine. Add sugar and continue creaming, until light and fluffy. Add eggs one at a time and beat thoroughly between each addition. Sift the flour, mace and salt together and gradually add to the creamed mixture. Add lemon extract, and vanilla. Pour into 10-inch tube pan which has been well greased. Place pan on rack frame. Set Browning Vent at Bake position.

**A CAKE YOU CAN MAKE TWO LUSCIOUS WAYS**

**Newport Cake**

Temperature, 325° Time, 80 minutes

- 1 cup shortening
- 2 1/2 cups sifted flour
- 3/4 cup sugar
- 4 eggs
- 2 tablespoons orange juice
- 1 cup grated orange rind
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup seedless raisins
- 1 cup currants

Cream shortening. Add sugar gradually. Add eggs one at a time, beating well after each. Add orange juice and rind. Sift dry ingredients. Mix with raisins and currants and add. Pour into oiled 8-inch tube pan. Bake in preheated Nesco with Browning Vent at Bake position.

**Treasure Tea Cakes**

Temperature, 400° Time, 30 minutes

Make batter for Newport Cake. Drop into greased cup cake pans. Cut canned pineapple in thin wedges and place 3 wedges on each cup cake before baking, with a bit of candied cherry in center. Or these cakes may be topped with a self-frosting mixture. Bake in a preheated Nesco. Set Browning Vent at Bake position. Let these cakes ripen a day before serving.
White Loaf Cake

Temperature, 350° Temperature

Time, 45 to 50 minutes

1 1/2 cups sifted cake flour 1 cup sugar
1/4 teaspoon salt 1/2 cup milk
1 1/2 teaspoon baking powder 1/2 teaspoon vanilla
1/3 cup shortening 3 egg whites, stiffly beaten

Sift together the dry ingredients three times. Cream the shortening, add sugar gradually and continue creaming until light and fluffy. Add the dry ingredients alternately with the milk to which the vanilla has been added. Fold in the egg whites gently. Pour into a greased loaf pan 9x5x2 1/2 inches. Set Browning Vent at Bake.

CAKE FROSTINGS

Self-frosting Topping

2 tablespoons granulated sugar 1/2 cup coarsely chopped nut meats
1/2 teaspoon cinnamon

Combine ingredients and drop on top of Treasure Tea Cakes.

Apricot Icing

1/2 cup apricot pulp
1 1/2 cups powdered sugar
1/2 tablespoon soft butter

Sift powdered sugar into the pulp until it is smooth. Beat in butter and lemon juice. Add more powdered sugar if needed. This is a soft icing, sufficient for the tops of two 9-inch layers.

Boiled Frosting

1 1/2 cups sugar
1/2 cup water
3 egg whites

Boil sugar and water to "thread" stage (230°F. to 234°F.). Pour in a fine stream over the stiffly beaten egg whites. Continue beating until mixture thickens. Add baking powder and flavoring.

Cocoa Coffee Icing

1 1/2 tablespoons butter
2 1/2 tablespoons cocoa
2 cups powdered sugar
Strong black coffee

Beat butter and cocoa until well blended. Sift powdered sugar and beat in gradually. Add sufficient strong black coffee to make the icing a good consistency to spread.

Orange Butter Frosting

1 tablespoon grated orange rind
4 tablespoons orange juice
1/2 teaspoon grated lemon rind
2 teaspoons lemon juice
3 tablespoons butter
1 egg yolk
1/8 teaspoon salt
3 cups sifted confectioner's sugar

Add orange and lemon rind to fruit juice and let stand 10 minutes; strain if desired. Cream butter, add egg yolk and salt, and mix well. Add part of sugar gradually, blending after each addition. Add remaining sugar alternately with fruit juice, until of right consistency to spread. Beat after each addition until smooth. Makes enough frosting to cover tops and sides of two 9-inch layers or top and sides of 8x8x2-inch cake generously.

Quick Topping

2 egg whites
1 cup Karo (or honey)

Beat together until mixture holds its shape. Serve as topping. Keep in refrigerator.
# Cookies

## Oatmeal Cookies

**Temperature, 450°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup shortening</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups sugar</td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
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<tr>
<td>2 tablespoons molasses</td>
<td></td>
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<tr>
<td>1/2 cup sour milk</td>
<td></td>
</tr>
<tr>
<td>2 1/2 cups sifted flour</td>
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</table>

**Time, 10 to 15 minutes**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon cinnamon</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon baking soda</td>
<td></td>
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<tr>
<td>2 cups uncooked oatmeal</td>
<td></td>
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<tr>
<td>1 cup raisins</td>
<td></td>
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<tr>
<td>1 cup chopped nut meats</td>
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</tbody>
</table>

Cream shortening and gradually add sugar; cream until light; add eggs one at a time and beat. Add molasses and sour milk. Sift together the flour, salt, cinnamon and baking soda and combine with oatmeal. Add to the wet ingredients. Add raisins and nut meats. Drop from the tip of a spoon onto a greased baking sheet. Set Browning Vent at Preheat position.

## Filled Oatmeal Cookies

**Temperature, 350°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 cups oatmeal</td>
<td></td>
</tr>
<tr>
<td>1 cup sifted flour</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
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</table>

**Time, 20 to 25 minutes**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup sugar</td>
<td></td>
</tr>
<tr>
<td>1 cup shortening</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sour milk</td>
<td></td>
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</tbody>
</table>

Blend the oatmeal, flour, salt, sugar and shortening as pastry dough. Add sour milk and soda. Roll thin and cut into assorted shapes. Fill one-half with ground dates, then add tops, pressing edges together. Set Browning Vent at Bake position.

## Peanut Butter Cookies

**Temperature, 400°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup white sugar</td>
<td></td>
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<tr>
<td>1 cup brown sugar</td>
<td></td>
</tr>
<tr>
<td>1 cup peanut butter</td>
<td></td>
</tr>
<tr>
<td>1 cup shortening</td>
<td></td>
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</table>

**Time, 15 to 20 minutes**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggs, beaten light</td>
<td></td>
</tr>
<tr>
<td>2 1/2 cups sifted flour</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons soda</td>
<td></td>
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</tbody>
</table>

Cream sugar, shortening and peanut butter. Add eggs, then flour and soda sifted together. Roll into small balls. Criss-cross with a wet fork. Set Browning Vent at Bake position.
Christmas Gingerbread  
Temperature, 350°  
Time, 10 to 15 minutes

1 cup shortening
1 cup sugar
1 egg
4 cups sifted flour
1 teaspoon salt
2 tablespoons ginger
1/2 teaspoon soda
1 cup dark molasses
2 tablespoons hot water

Cream the shortening and sugar together thoroughly. Add egg and continue beating. Sift together the dry ingredients and add to the creamed mixture alternately with the molasses and water. Chill. Roll 1/4 inch thick. Cut into desired shapes. Set Browning Vent at Pre-heat position.

Cinnamon Ice Box Cookies  
Temperature, 450°  
Time, 10 to 12 minutes

1/2 cup butter
1 cup brown sugar
1 cup sugar
2 eggs
1 teaspoon vanilla
2 1/4 cups sifted flour
1 teaspoon soda
1 teaspoon cream of tartar
1 teaspoon cinnamon
1/2 cup chopped dates
1/2 cup broken nut meats

Cream the butter and add the sugars gradually. Add the eggs one at a time and beat well. Add the vanilla. Sift together the dry ingredients and sprinkle about 1/4 cup of the mixture over the dates and nut meats. Add remainder of dry ingredients and dates and nuts to creamed mixture, forming a stiff dough. Form into rolls 1 1/2 inches in diameter, roll each in heavy wax paper, and chill for at least two hours. Cut in thin slices and place on oiled cookie sheet. Place cookie sheet in the lowest position of rack frame and lower into pre-heated roaster. Set Browning Vent at Bake position.

Date and Nut Kisses  
Temperature, 375°  
Time, 25 to 30 minutes

1/8 teaspoon salt
4 egg whites
1 cup sugar
1/2 teaspoon vanilla
1 1/2 cups chopped nuts
1/4 cup chopped dates

Add the salt to the egg whites and beat until stiff. Fold in the remaining ingredients. Drop level teaspoonfuls onto an oiled cookie sheet. Set Browning Vent at Bake position.

Marbled Brownies  
Temperature, 350°  
Time, 1 1/4 hours

1 cup shortening
2 cups sugar
4 eggs
2 cups sifted flour
2 cups chopped walnut meats
2 ounces unsweetened chocolate, melted

Cream together the sugar and shortening. Add eggs, one at a time, beating after each addition. Combine flour and nut meats and add to creamed mixture. Divide batter in half, and add chocolate to one half. Place batter by alternate spoonfuls in greased 8x8x2 pan. Set Browning Vent at Bake position. When cold, cut into squares and frost, if desired.

Mince Meat Squares  
Temperature, 325°  
Time, 25 to 30 minutes

1/2 cup shortening
1 cup brown sugar
1 1/2 cups flour
1 teaspoon soda
1/2 teaspoon salt
1 3/4 cups rolled oats
1 pound mince meat

Work the first five ingredients into a crumbly mixture. Add the rolled oats. Mix well. Put half the mixture into a shallow oiled pan. Pat well into place. Spread this layer with mince meat, then another layer of the remaining crumbly mixture, patting it into place. While still warm, cut into bars and remove from the pan. Set Browning Vent at Bake position.
Here are a few hints on Pastry Making, which, if followed, will give you self-confidence in pie making.

All materials should be as cold as possible. The water should be iced.

Cut the shortening into the flour until the pieces are the size of small peas. The less it is handled, the better. A good rule for making pastry is: "Keep the moisture out and the air in." Some cooks make fine pie crust with a fork, lifting the ingredients to make the moisture spread. Others use a spoon deftly, or touch the dough lightly with the fingertips.

When the dough holds together, stop handling it. Divide it into two parts, if for a double-crust pie, and roll it out to the thickness of 1/8 inch. Use as little flour as possible and keep the dough rolled from a circle. Pastry should be rolled 1 inch larger than the pan to allow for shrinkage.

For a one-crust pie, make a fluted edge with the dough that is left over, or build up a rim with a strip of pastry. Use a fork to press it down or pinch it with the thumb and forefinger. This edge is important as it will help to hold the juices in the pie.

If the pie is to be filled with a juicy filling, brush the bottom crust lightly with the white of an egg or with melted butter, or sift a small amount of the flour and sugar used in the filling over the bottom crust to keep it from being soggy. Fill the pie and moisten edges with a little water. Cover with the top crust, which has been rolled out in like manner, and pricked with a fork in several places to allow the steam to escape. If a lattice is desired, cut long narrow strips of dough with a knife, place across the top of the pie, moistening with water where they meet the edge of the pie.

Whether you want one or two tender, flaky, golden brown pies, your Nesco Roaster is equipped to produce fine results.
ing one pie, place on adjustable rack in lowest position. When baking two pies, arrange on rack frame and adjustable rack as low as possible. Browning Vent should be at Bake position. Nesco should be preheated to desired temperature before pies are placed to bake. When baking two pies set temperature control 25° higher than for baking one pie or use temperature given for a single pie, allowing a longer baking time.

**Standard Pastry Recipe**

| 2 cups all-purpose sifted flour | 1/3 cup shortening |
| 1 teaspoon salt | 4 to 5 tablespoons cold water |

**Pastry Shell**

**Temperature, 475°**

**Time, 12 to 15 minutes**


**Criss Cross Cherry Pie**

**Temperature, 400°**

**Time, 45 to 55 minutes**

Unbaked pastry

2 1/2 cups red cherries, drained

1/8 cup cherry juice

1/3 cup sugar

Line pie plate with pastry; fill with cherries. Mix cherry juice with sugar, cornstarch and salt. Pour over cherries. Dot with butter. Arrange strips of pastry in lattice fashion over the top and crimp edges. Place on adjustable rack set in lowest position. Bake in preheated roaster with Browning Vent in Bake position.

**Pumpkin Pie**

**Temperature, 400°**

**Time, 40 to 50 minutes**

**Amount, 1 Pie**

1 1/4 cups pumpkin, cooked and strained (or canned pumpkin)

1 1/2 cups sugar

2 tablespoons butter

2 tablespoons molasses

1 teaspoon ginger

1 teaspoon cinnamon

1/2 teaspoon cloves

1/2 teaspoon salt

2 eggs, separated

1 1/4 cups scalded milk

Coconut Cream Pie

Amount, 1 9-inch Pie

1/2 cup sugar
5 tablespoons flour
1/4 cup cold milk
1/8 teaspoon salt
1 1/2 cups scalded milk

3 egg yolks, well beaten
1 teaspoon vanilla
1 cup shredded coconut
1 9-inch baked pie shell

Combine the sugar and flour thoroughly, then add the cold milk and salt to make a smooth paste. Add the paste to the scalded milk and cook over low heat for 12 to 15 minutes or until mixture thickens. Add a little of the hot mixture to the egg yolks, stirring constantly. Add to the remaining hot mixture and cook 2 minutes longer over low heat. Remove from heat and add vanilla and coconut. Chill. When cool, pour into baked pie shell and top with meringue.

Apple Pie

Temperature, 400°  Time, 45 to 55 minutes  Amount, 1 Pie

6 apples, (pared, cored, sliced)  1 teaspoon lemon juice
2 1/2 cup granulated sugar  1/4 teaspoon cinnamon
1/4 teaspoon nutmeg  2 teaspoons butter
1/8 teaspoon salt

Line 9-inch pie plate with half the pie crust, rolled to 1/8-inch thickness. Fill the pie shell with the apples. Mix sugar, nutmeg, salt, cinnamon and lemon juice. Sprinkle over apples and dot with butter. Roll the other half of pie crust to 1/8-inch thickness and cover pie. Bake in preheated Nesco with Browning Vent at Bake position.
Pecan Pie

Temperature, 375°  Time, 1 hour  Amount, 1 Pie

- 3 eggs
- ½ cup sugar
- 1 cup dark corn syrup

Beat eggs well, add sugar and corn syrup and mix well. Add melted butter. Line a 9-inch pie plate with pastry. Put nut meats in and pour syrup mixture over them. Set Browning Vent at Bake position.

Old Fashioned Lemon Pie

Amount, 1 9-inch Pie

- 1 cup sugar
- ¾ cup flour
- ½ teaspoon salt
- 1 ½ cups water
- 4 egg yolks, well beaten
- 2 teaspoons grated lemon rind
- ½ cup lemon juice
- 2 tablespoons butter

Mix sugar, flour and salt together. Add water to make a paste. Cook over low heat until thick, stirring constantly. Add a little of the hot mixture to the egg yolks, then add to the remaining hot mixture. Cook over low heat for 2 minutes. Remove from heat and add butter. Cool. Add lemon juice and lemon rind. Chill thoroughly. Pour into baked pastry shell. Cover with meringue.

Meringue

Temperature, 350°  Time, 25 to 30 minutes

- 2 egg whites
- 4 tablespoons sugar
- ½ teaspoon vanilla extract
- Pinch of salt

Beat the egg whites until frothy and add the sugar gradually, about ½ teaspoon at a time, beating constantly. Add the salt and extract. Pile lightly on pie, bring it over to the crust. Place on adjustable rack set in lowest position and bake in preheated roaster with Browning Vent at Bake position.

Pineapple Pie

Amount, 1 8-inch Pie

- 2 tablespoons cornstarch
- ¾ cup sugar
- ½ teaspoon salt
- 2 ½ cups crushed pineapple
- 2 eggs, separated
- 1 tablespoon lemon juice

Combine cornstarch, ½ cup sugar and salt in a sauce pan. Add pineapple and cook until clear and thickened. Add beaten egg yolks and cook 1 minute. Cool. Then add lemon juice and pour into baked shell. Top with a meringue.

Sweet Potato Pie

Temperature, 400°  Time, 45 to 55 minutes  Amount, 1 Pie

- 1 cup sugar
- 1 teaspoon salt
- 2 egg yolks
- 1 teaspoon cinnamon
- ¼ teaspoon ginger
- 2 cups milk
- 2 cups mashed sweet potatoes
- 2 egg whites, stiffly beaten

Mix ingredients in order mentioned. Pour into uncooked pastry shell, using Standard Pastry Recipe. Set Browning Vent at Bake position.
DESSERTS AND PUDDINGS

The recipes appearing in this section represent only a few of the many delightful desserts to be baked or steamed in the Nesco Roaster. When prepared as a part of oven meals, desserts may be cooked in the vegetable pans.

Cherry Cobbler

Temperature, 400°  Time, 40 to 45 minutes  Serves 5 to 6

1 can red cherries (No. 2)  1/2 teaspoon salt
1/3 cup sugar  1/4 cup sugar
2 cups flour  6 tablespoons shortening
2 teaspoons baking powder  3/4 cup milk

Drain cherries and place in bottom of 2-quart vegetable pan or in casserole which has been oiled. Sprinkle with 1/3 cup of sugar. Sift the dry ingredients, including 1/4 cup of sugar, into a mixing bowl. Cut in the shortening and add the milk. Mix well. Spread over cherries. Place an adjustable rack in lowest position. Bake in preheated roaster with Browning Vent set at Bake position.

Steamed Chocolate Pudding

Temperature, 350°  Time, 1 1/2 hours

1 cup sifted flour  1/2 cup sugar
1/4 teaspoon salt  1 egg, slightly beaten
1 1/2 teaspoons baking powder  1/2 teaspoon vanilla
3 tablespoons butter  1/3 cup milk
1 1/2 squares unsweetened chocolate

Sift flour, salt and baking powder. Melt the butter and chocolate. Cool slightly and stir in sugar, egg and vanilla. Add alternately with milk to dry ingredients. Pour into a well-oiled mold, or Nesco vegetable pan, filling it about 2/3 full. Cover tightly and steam. Unmold, and when somewhat cooled, cut in slices. Serve with whipped cream.
**Apple Crisp Pudding**

Temperature, 350°  Time, 1 1/2 hours  Serves 6

1/2 cup butter  
1 cup light brown sugar  
3/4 cup flour  
1 teaspoon cinnamon

Cream the butter. Add the brown sugar and blend well. Work in the flour and cinnamon. Place half of the apples in greased 2-quart vegetable pan or casserole and dot with half of the first mixture. Repeat. Pour water over all. Place uncovered pan on adjustable rack set in lowest position and bake in preheated roaster until apples are tender. Serve hot with cream, plain or whipped. Set Browning Vent at Bake position.

**NOTE:** Excellent dessert to use with oven dinners.

**Apple Sauce Steam Pudding**

Temperature, 350°  Time, 2 hours

1 3/4 cups sifted flour  
1 teaspoon soda  
1/4 teaspoon salt  
1/2 teaspoon cloves  
1/2 teaspoon nutmeg  
1 teaspoon cinnamon

Sift flour, soda, salt, and spices together. Cream shortening and sugar thoroughly. Add unbeaten egg and beat well. Mix 1/4 cup sifted dry ingredients with fruit and nuts. Add to the creamed mixture. Add remaining dry ingredients and apple sauce alternately. Fill greased pudding mold or Nesco vegetable pan. Steam about 2 hours, Browning Vent at Bake position. Serve warm with plain or maple sugar hard sauce, or with sweetened whipped cream flavored with nutmeg.

**Baked Pineapple**

Temperature, 300°  Time, 1 1/2 hours

Arrange half pineapple slices in the Nesco vegetable pan. Pour over them some of the pineapple juice. Place in the Nesco with Browning Vent set at Bake position, and cook until done. Delicious when served with baked ham, arranged around ham or on a large platter.

**Banana and Apple Brown Betty**

Temperature, 375°  Time, 30 to 40 minutes

3/4 cup sugar  
1/4 teaspoon salt  
1/2 teaspoon cinnamon  
2 apples, peeled and sliced

Mix together the sugar, salt and cinnamon. Combine with sliced, peeled apples and bananas. Brown the bread cubes in butter. Fill buttered Nesco vegetable pan with alternate layers of bread cubes and fruit, using the bread for top and bottom layers. Set Browning Vent at Bake position.

**Lemon Rice Pudding**

Temperature, 350°  Time, 2 1/2 to 3 hours  Serves 6

1/3 cup rice, uncooked  
1 quart milk  
1/3 cup sugar  
1/2 teaspoon salt  
Dash of nutmeg  
Grated rind of 1 lemon

Wash rice and place in 2-quart vegetable pan or casserole. Combine remaining ingredients and add. Place on rack frame and bake uncovered, in preheated roaster, stirring occasionally. Set Browning Vent at Bake position.
DESSERTS — PUDDINGS

Mince Meat Roll with New England Pudding Sauce

Temperature, 400°  Time, 30 to 40 minutes

1 1/4 cups sifted flour  4 tablespoons shortening
4 teaspoons baking powder  1/2 cup milk
1/2 teaspoon salt  1 1/2 pounds mince meat


Sauce

1 cup granulated sugar  1 1/2 cups boiling water
2 tablespoons flour  1 tablespoon butter
1/2 teaspoon salt  1 teaspoon nutmeg
1/2 cup cold water

Blend the sugar, flour and salt. Add the cold water and mix well. Add the boiling water and butter. Cook, stirring constantly, about 5 minutes. Add the nutmeg. Serve hot.

Orange Puff Pudding

Temperature, 350°  Time, 1 1/2 hours

1/3 cup butter  3 teaspoons baking powder
3/4 cup sugar  1/4 teaspoon salt
1/4 teaspoon orange extract  1/2 cup milk
1/3 cup orange marmalade
2 cups sifted flour

Cream the butter and sugar together, add the flavoring and marmalade. Sift dry ingredients together. Add to the first mixture alternately with the milk. Mix well. Fold in the egg whites. Turn into a buttered Nesco vegetable pan and steam, with Browning Vent set at Bake position.

Peach Cottage Pudding

Temperature, 350°  Time, 1 1/2 hours

1/4 cup butter  2 teaspoons baking powder
1/2 cup sugar  1/2 cup milk
1 egg  1 pint peaches
1 1/4 cups sifted flour  1/4 cup sugar

Cream butter with sugar. Add egg and mix thoroughly. Sift together flour and baking powder, then add dry ingredients alternately with milk to first mixture. Pour over fresh peaches which have been sweetened with 1/4 cup sugar, placed in oiled Nesco vegetable pan. Cook with Browning Vent at Bake position. Serve with whipped cream or fruit sauce.

NOTE: Other fresh fruits may be used.

Peach Dumplings

Temperature, 425°  Time, 20 to 25 minutes

1 1/2 cups sliced peaches  (No. 2 can)
2 cups prepared biscuit mix

Drain peaches, reserving the juice. Combine the biscuit mix and 2 tablespoons of the sugar. Add milk and beat vigorously for 30 seconds. Turn out on a well floured board and roll into a square sheet 1/8" thick. Cut into 6, 6-inch triangles. Place peaches on triangles, and sprinkle with remaining sugar. Moisten corners of the triangles. Bring each corner to the center, lapping over the edges to secure. Place in greased 3-inch muffin tins or tart pans. Bake with Browning Vent at Bake position. Serve warm with a peach sauce.

NOTE: Apricots or pineapple may be substituted for the peaches.
Raspberry Pudding

Temperature, 375°  Time, 1 hour 15 minutes

1/4 cup butter or margarine  1/4 teaspoon salt
1/2 cup sugar  1/2 cup milk
1 egg  1 cup fresh or canned raspberries
1 1/4 cups sifted flour
2 teaspoons baking powder

Cream butter or margarine and sugar. Add egg and mix thoroughly. Sift together the flour, baking powder and salt. Add alternately with milk to the first mixture. Add fruit and pour into buttered Nesco vegetable pan. Set Browning Vent at Bake position.

NOTE: Any fresh berries or fruit may be used.

Spice Pudding

Temperature, 350°  Time, 1 1/2 hours

1/4 cup butter  1 3/4 cups sifted flour
1/2 cup brown sugar  1/2 teaspoon soda
1 egg  1 teaspoon baking powder
1 cup grated raw carrot  1/2 teaspoon salt
1 teaspoon grated orange peel  1/2 teaspoon cinnamon
1/2 teaspoon grated lemon peel  1/2 teaspoon cloves
1 teaspoon lemon juice  1/2 cup chopped nuts


Steamed Date Pudding

Temperature, 300°  Time, 3 hours

1 cup sifted flour  2 tablespoons grated orange rind
3/4 cup sugar  2 cups soft bread crumbs
1 teaspoon salt  1 cup milk
2 teaspoons baking powder  1 egg, beaten
1 1/2 cups dates, cut fine

Place 3 quarts of water in the cooking well and insert the rack frame. Turn thermostat to 500° and heat until vigorous steaming appears. Reset dial to 300°. Sift the flour, sugar, salt, and baking powder into a mixing bowl. Add dates and orange rind. Soak bread crumbs in 1/2 cup of the milk. Beat the egg and add remaining milk. Add bread crumbs and milk and egg mixture to dry ingredients and mix well. Pour into greased vegetable pan or mold, cover. Place on rack frame and steam with Browning Vent set at Preheat position.

Strawberry Cottage Pudding

Temperature, 350°  Time, 1 1/2 hours

1/2 cup butter  2 teaspoons baking powder
1/2 cup sugar  1/2 cup milk
1 egg  1 pint strawberries
1 1/4 cups sifted flour  1/4 cup sugar

Cream butter with 1/2 cup sugar. Add egg and mix thoroughly. Sift flour with baking powder. Add dry ingredients alternately with milk to first mixture. Pour over fresh strawberries which have been mixed with 1/4 cup sugar, and placed in a greased casserole or in Nesco vegetable pan. Set Browning Vent at Bake position.

Strawberry Jam Turnovers

Temperature, 400°  Time, 15 to 20 minutes

1/2 pound butter  2 cups sifted flour
2 cakes cream cheese  2 tablespoons sugar
1 egg yolk  Strawberry jam

Mix butter and cheese together. Add egg yolk, flour, and sugar. Make in a roll and put in refrigerator over night. Slice 1/2 inch thick and roll each slice thin. Fill with thick strawberry jam and make into turnovers. Press edges together with fork and prick center. Set Browning Vent at Bake position.
Vegetables may be cooked in preheated roaster alone, or as a part of an oven meal. Use vegetable pans as desired. Always cover pans. The time required will vary in accordance with the age and quantity of vegetables cooked. Use vegetable cookery chart for directions.

**Baked Idaho Potatoes**

Temperature, 400°  Time, 1 to 1 1/4 hours

Scrub and dry potatoes. Rub skins with fat. Place on adjustable rack set in lowest position and bake in preheated roaster with Browning Vent on Bake. If desired, potatoes may be placed in vegetable pan and baked with oven dinner at 350° for 1 1/2 hours. Sweet potatoes may be prepared in the same way.

**Baked Onions**

Temperature, 375°  Time, 1 hour  Serves 6

4 large white onions  Salt and pepper
3 tablespoons butter  1/3 cup milk

Peel onions and slice about 1/4 inch thick. Arrange slices of onion in buttered vegetable pan. Dot each layer with butter, salt and pepper. Pour milk over all, cover, and bake on rack frame in preheated roaster with Browning Vent at Preheat.
Boston Baked Beans

Pick over beans, wash well and soak over night in water to cover. Drain and place in vegetable pan. Cut salt pork in cubes and bury in the beans. Combine seasonings, mix with 1 cup of boiling water and pour over beans. Cover pan and bake in preheated roaster on adjustable rack set in lowest position. Set Browning Vent at Preheat.

NOTE: Brown Bread may be baked with beans for 2 1/2 hours. With Browning Vent at Preheat, there is sufficient steam to keep Brown Bread moist.

Corn Custard

Beet the eggs slightly and add the milk. Add the remaining ingredients and pour into the greased vegetable pan. Place on rack frame in preheated roaster and bake uncovered, with Browning Vent set at Roast position.

Egg Plant Chop Suey

Sprinkle egg plant with salt and let drain for about 1 hour. Mix all ingredients together. Place in Nesco roasting pan with Browning Vent set at Preheat position.

Rainbow Casserole

NOTE: Fresh vegetables may be used in season.

Scallopied Potatoes

Place half of the potatoes in greased 3-quart vegetable pan. Sprinkle with half of the flour and seasonings, and dot with half of the butter. Repeat, and add sufficient quantity of milk to barely cover potatoes. Place on rack frame in preheated roaster. Cover pan and bake for 1 1/2 hour. At the end of this time, remove cover from pan. Set Browning Vent at Bake, entire time.
**Scalloped Tomatoes**

Temperature, 350°  
Time, 1 to 1½ hours

3 cups canned or fresh tomatoes  
2 cups bread cubes

Place all ingredients in Nesco vegetable pan. Dot with butter. Cover. Set Browning Vent at Bake position.

**Southern Sweet Potatoes**

Temperature, 370°  
Time, 30 minutes

8 sweet potatoes  
½ cup brown sugar  
¼ cup butter  
½ cup cream  
1 teaspoon salt  
¾ cup black walnut meats  
12 marshmallows

Steam the sweet potatoes and mash. Mix with the sugar, butter, cream, salt, and nuts. Place in a shallow pan. Place marshmallows over the surface. Place under broiler until marshmallows melt and brown. Set Browning Vent at Bake position.

**Sweet Potato Halves**

Split boiled sweet potatoes in half. Dip in mixture of 1 egg with 2 tablespoons milk. Dip in bread crumbs. Brush with melted butter. Place under broiler and brown.

**Tomatoes Filled with Corn**

Temperature, 350°  
Time, 1 ½ hours

4 slices cooked bacon, minced  
1 cup drained corn  
1 pimiento, chopped  
½ green pepper, chopped  
2 tablespoons chopped celery  
2 tablespoons corn liquor or cream  
½ teaspoon salt  
¼ teaspoon salt  
¼ teaspoon paprika  
½ cup bread crumbs  
4 tomato cases

Combine ingredients and fill cases. Top with ½ cup bread crumbs. Dot with butter. Sprinkle with grated cheese. Place in Nesco meat pan or flat pan. Set the Browning Vent at Bake position.

**Yale Beets**

Temperature, 350°  
Time, 1 hour  
Serves 5 or 6

8 to 10 uncooked beets (medium)  
½ cup orange juice  
¼ cup sugar  
1 tablespoon lemon juice  
2 tablespoons flour  
2 tablespoons melted butter  
¼ teaspoon salt  

Peel the beets and slice thin. Place in vegetable pan. Combine remaining ingredients and pour over beets. Cover pan tightly. Bake in preheated roaster on rack frame, with Browning Vent at Preheat; this may be baked with an oven dinner.
<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>AMOUNT OF WATER</th>
<th>AMOUNT OF SALT</th>
<th>TEMPERATURE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASPARAGUS</td>
<td>1 bunch</td>
<td>½ cup</td>
<td>½ teaspoon</td>
<td>350°</td>
<td>45 minutes</td>
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<tr>
<td>BEANS—Lima</td>
<td>2 lbs.</td>
<td>1 cup</td>
<td>½ teaspoon</td>
<td>350°</td>
<td>60 minutes</td>
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<tr>
<td>BEANS—String</td>
<td>1 lb.</td>
<td>1 cup</td>
<td>1 teaspoon</td>
<td>350°</td>
<td>50-70 minutes</td>
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<tr>
<td>BEETS—Sliced</td>
<td>8 medium</td>
<td>½ cup</td>
<td>½ teaspoon</td>
<td>350°</td>
<td>40-60 minutes</td>
</tr>
<tr>
<td>BRUSSELS SPROUTS</td>
<td>1 quart</td>
<td>1 cup</td>
<td>¾ teaspoon</td>
<td>350°</td>
<td>30-45 minutes</td>
</tr>
<tr>
<td>CABBAGE—Shredded</td>
<td>½ head</td>
<td>1 cup</td>
<td>¾ teaspoon</td>
<td>350°</td>
<td>35-45 minutes</td>
</tr>
<tr>
<td>CARROTS—Sliced</td>
<td>1 lb.</td>
<td>½ cup</td>
<td>½ teaspoon</td>
<td>350°</td>
<td>40-60 minutes</td>
</tr>
<tr>
<td>CAULIFLOWER</td>
<td>½ head</td>
<td>1 cup</td>
<td>½ teaspoon</td>
<td>350°</td>
<td>45 minutes</td>
</tr>
<tr>
<td>ONIONS—Medium—Whole</td>
<td>2 lbs.</td>
<td>½ cup</td>
<td>¾ teaspoon</td>
<td>350°</td>
<td>50-70 minutes</td>
</tr>
<tr>
<td>PEAS</td>
<td>2 lbs.</td>
<td>¾ cup</td>
<td>½ teaspoon</td>
<td>350°</td>
<td>30-45 minutes</td>
</tr>
<tr>
<td>POTATOES—Sweet—Quartered</td>
<td>2 lbs.</td>
<td>¾ cup</td>
<td>½ teaspoon</td>
<td>350°</td>
<td>30-40 minutes</td>
</tr>
<tr>
<td>POTATOES—White—Whole</td>
<td>2 lbs.</td>
<td>¾ cup</td>
<td>½ teaspoon</td>
<td>350°</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>SQUASH—Winter—Cubed</td>
<td>1½ lbs.</td>
<td>½ cup</td>
<td>½ teaspoon</td>
<td>350°</td>
<td>40-45 minutes</td>
</tr>
<tr>
<td>TURNIPS—Diced</td>
<td>1½ lbs.</td>
<td>¾ cup</td>
<td>½ teaspoon</td>
<td>350°</td>
<td>40-45 minutes</td>
</tr>
</tbody>
</table>
Those who enjoy juicy, tender, savory roast meats with plenty of rich, brown gravy will find the Nesco an ideal meat roaster.

METHODS OF MEAT COOKERY

There are only two principles involved in cooking meat:

1. Dry heat
2. Moist heat

The tender cuts are cooked by dry heat because they contain little connective tissue, but moist heat is required to make tender those cuts which contain much connective tissue.

There are three methods of preparing meat by dry heat:

1. Roasting
2. Broiling
3. Pan broiling

There are two methods of cooking meat by moist heat:

1. Braising
2. Cooking in water

The time required to roast meats depends on the following factors:

1. The oven temperature
2. The meat temperature
3. The weight of the roast
4. The shape of the roast
5. The proportion of lean and fat
6. The degree of doneness desired

There has been much discussion regarding the two methods of meat roasting:
1. The constant temperature
2. The searing method

With the constant temperature method, the meat is placed in the roaster preheated to 300° or 350°, depending on the size of the roast, and this temperature is maintained throughout the roasting period.

With the searing method, preheat the roaster to 500°, place roast on baking rack, and brown for 20 to 30 minutes. Reduce the temperature control to 300° and continue cooking for the desired length of time.

Use either method you may desire. However, there will be less shrinkage and drippings lost with the constant temperature method.

Suggestions for Meat Roasting

Allow meat to stand for about an hour at room temperature, before placing in roaster. Clean meat and season. If desired, rub it thoroughly with melted fat. Place in meat roasting pan. If roast is larger than will fit into meat roasting pan of the Nesco, place meat on rack frame in cooking well.

Frozen roasts may be placed in the roaster or frozen steaks under the broiler without thawing. The cooking time is longer for the frozen cut than for the unfrozen. Frozen roasts require about 15 minutes more per pound than unfrozen roasts. Frozen steaks or chops also require 10 to 15 minutes more than comparable unfrozen cuts. These are approximate times and there will be variance with size, shape and thickness of cuts.

Beef-Rolled Roast Ribs

Temperature, 500° for 30 minutes, 350° remaining time, or 350° for entire time.

Wipe boned and rolled roast with a damp cloth. Do not add any water. After 30 minutes searing time, reset thermostat to 350° and continue roasting. Allow the following minutes per pound:

<table>
<thead>
<tr>
<th>Rare, 15 to 18</th>
<th>Medium, 20 to 22</th>
<th>Well Done, 25 to 35</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 to 18</td>
<td>20 to 22</td>
<td>25 to 35</td>
</tr>
</tbody>
</table>

Set Browning Vent at Roast position.

Porcupines and Vegetables

Temperature, 350°

<table>
<thead>
<tr>
<th>1 pound ground beef</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup bread crumbs</td>
</tr>
<tr>
<td>1 egg</td>
</tr>
<tr>
<td>1/4 cup chopped onions</td>
</tr>
<tr>
<td>2 tablespoons chopped green peppers</td>
</tr>
<tr>
<td>3/4 teaspoon salt</td>
</tr>
</tbody>
</table>

1/4 teaspoon paprika
1/4 cup uncooked rice
1 cup tomato soup
6 small skinned onions
6 stalks celery, cut in small pieces
1 teaspoon chili powder
1 1/4 cups boiling water

Combine beef, bread crumbs, egg, chopped onion, green pepper, salt and paprika. Form into balls and roll in rice. Combine soup, water, whole onions, celery and chili powder in Nesco meat pan. Add meat balls. Set Browning Vent at Bake position.

Swiss Steak Royal and Vegetable

Temperature, 350°

| 2 pounds round steak, cut 1 1/2 inches thick 1 clove garlic Salt and pepper |
|-----------------------------|--------------------------|---------------------|
| 1 Bermuda onion             | 1 cup tomato catsup      |
| 4 whole potatoes            |                          |

Brown meat and place in Nesco meat pan. Cut garlic into small pieces and stick into meat. Season with salt and pepper. Slice onion and place over top. Pour catsup over all. Add whole potatoes the last 45 minutes of cooking. Set Browning Vent at Preheat position.
Baked Fresh Ham

Temperature, 300°  Time, 25 to 35 minutes per pound
Wipe ham with damp cloth and place fat side up in preheated roaster. Cook with Browning Vent set at Preheat entire time. One hour before time is up, drain drippings from bottom of cooking well. Remove the skin, score fat diagonally, and place 1 whole clove in center of each diamond. Combine ½ cup brown sugar and 1 teaspoon prepared mustard and spread over all. Put ham back in the roaster and cook 1 hour longer with Browning Vent set at Roast position.
NOTE: Cured salt ham — parboil with 4 cups of water for 1 hour. Drain. Cook same as Baked Fresh Ham.

Roast Loin of Pork

Temperature, 350°  Time, 40 minutes per pound
Wipe meat with damp cloth. Rub with salt and pepper. Place in Nesco meat pan with fat side up. Roast required time with Browning Vent set at Roast. Serve with apple sauce or Baked Apples.

Beef Rump Roast

Temperature, 300°  Time, 40 minutes per pound
Clean beef with damp cloth. Season as desired. Place in Nesco meat pan and brush well with melted fat. Place in either a preheated Nesco or start cold. Set Browning Vent at Preheat for first hour, then reset on Roast position for remainder of cooking time.

Tenderized Ham

Temperature and Time, Follow Packer’s Instructions
Prepare the same as Baked Ham, given above.
If glazing is desired, remove skin, score fat, add any desired seasonings such as fruit juice, spices or honey. Return to roaster, raise temperature to 375°, and glaze for 1 hour.
Apple-Ham-Yam Casserole

Temperature, 350°  Time, 55 to 60 minutes

6 thin slices Canadian bacon
6 medium sized tart apples
6 medium sized sweet potatoes
(or yams)

Put the bacon slices in the bottom of a deep baking dish. Cover with an inch of water. Place cored apples that have been stuffed with raisins on top of bacon. Fill all the empty spaces in the dish with yams, peeled and sliced thin. Sprinkle the top with brown sugar and dots of butter. Cover with lemon slices. Set Browning Vent at Preheat position.

Hash a La Mode

Temperature, 350°  Time, 1 hour

1 cup left-over gravy
1/2 cup tomato puree
1 teaspoon Worcestershire Sauce
1/2 cup cooked diced potatoes
1/2 cup cooked diced onions

Combine gravy, tomato puree, and Worcestershire Sauce. Heat. Add the meat and vegetables. Place in Nesco meat pan or individual baking dishes. Sprinkle top with grated cheese and bread crumbs. Dot lightly with butter. Set Browning Vent at Bake position.

Individual Lamb Loaves

Temperature, 350°  Time, 45 to 60 minutes

2 pounds ground lamb
1 cup soft bread crumbs
2 small onions, grated
1/4 cup olives, chopped

Combine the ground lamb with the bread crumbs. Season with grated onion, chopped olives, green pepper, salt and pepper, and moisten with the beaten eggs and half the tomato puree. Pack into greased muffin tins and pour the remaining tomato puree over it. Set muffin pan on rack frame. Set Browning Vent at Roast position.

Lamb-Leg Roast

Temperature, 350°  Time, 35 to 40 minutes per pound

Do not have "fell" removed. Rub roast with salt and pepper and place skin side down in Nesco roasting pan. Do not cover and do not add water. For a different taste thrill, baste the roast with French dressing. The gravy is grand. Or insert bits of garlic in slits made in the fell. Roast with Browning Vent at Roast position.

Meat Loaf

Temperature, 350°  Time, 1 1/2 hours  Serves 6 to 8

1 pound ground veal
1 pound ground smoked ham
4 tablespoons tomato catsup
3 tablespoons finely chopped green pepper
2 eggs, beaten

Mix ingredients thoroughly in order given and pack in loaf tin. Bake on rack frame in preheated roaster. Set Browning Vent at Bake position.
POULTRY

Your Nesco is splendid for baking poultry of all kinds. It produces a delectable golden brownness, brings out hidden flavors and makes turkey, chicken and game birds tender and juicy. No basting or turning is necessary.

POULTRY COOKERY

All poultry cookery methods are based upon two classes of meat: the tender and the less tender. Whatever the method of cooking, low temperatures are the rule for best results. Excessive temperatures destroy flavors.

Tender poultry meats are cooked by so-called dry heat methods because no water or other liquid is added or allowed to collect in the pan as occurs when a pan is covered. These methods are roasting, frying, and broiling.

Moist heat may be used for less tender meats and there are many delicious preparations for poultry when liquid is added or the pan covered tightly during the cooking. In addition to knowing how to cook poultry, it is necessary to know certain shopping facts to avoid some of the disappointments in the prepared products which are traceable to a poor or wrong choice.
METHODS OF COOKING POULTRY

Frozen poultry may be cooked by any of the above methods from the frozen state. One to one and one-half hours increase in cooking time should be given.

**Broiling Chicken**

Cut a small bird (1½ to 2 pounds) in half, and break at the three or four major joints. Lay in shallow pan, brush thoroughly with melted fat. Leave skin side down. Place on rack about 2 to 5 inches from direct heat. Turn chicken several times as it browns, basting each side with fat. When nicely browned and done, in 40 to 60 minutes, season. Turn heat off, let broiler finish cooking 10 to 15 minutes longer, to insure thorough doneness. Transfer to a warm platter.

Pour drippings or melted butter over the chicken, or prepare gravy from the drippings. Garlic or onion flavor is a delicious addition. Rub the broiler or service plates lightly with a fresh cut surface of either seasoning.

**Frying Chicken**

Preheat Nesco at 500° and put in enough fat to cover bottom of large insert pan. When fat is hot, put in the pieces of cut-up chicken, which have been dipped in a coating of seasoned bread crumbs, cornmeal and flour, cracker crumbs, or flour. ½ cup of flour and ½ teaspoon of salt are needed for a 2-pound bird. Rub in seasoning very thoroughly. Young chickens, 1½ to 2 pounds, can be split lengthwise, while larger birds are cut into more pieces. Fryers are customarily 2 to 3½ pounds in size. Put the thick, meaty pieces in first, simmering the heart and gizzard until almost tender before frying. Leave lid slightly open to remove excess steam. Turn chicken when browned on one side (about 20 minutes) and continue cooking for about 15 minutes after turning. Close lid and reduce temperature to 300° and cook for 15 to 20 minutes longer.

**Roasting Chicken**

Weigh the bird (weight as purchased is approximately the same) to determine cooking time, wrap leg-ends with a fat-moistened cloth, and lay breast side up in the Nesco roasting pan. Large chickens are roasted about 30 minutes to the pound, while 35 to 45 minutes of cooking is necessary for small or medium birds. The roasting is done at a moderate temperature, 325° to 350°. Roasting birds weigh 3 to 6 pounds. Set Browning Vent at Roast.

**Roast Stuffed Chicken**

- **Temperature** 350°
- **Time, 30 to 35 min. per pound**

Clean stuff and truss fowl. Rub salt over flesh, brush with melted fat, and place in meat pan on rack frame in preheated roaster with Browning Vent set at Roast the entire time.

**Roast Stuffed Duck**

- **Temperature, 350°**
- **Time, 30 to 35 minutes per pound**

Clean duck, wash thoroughly and dry. Rub cavity with salt and stuff with well-seasoned dressing. Truss. Sprinkle duck with salt and pepper. It is not necessary to brush duck with melted butter. Place breast up in baking pan on rack frame in preheated roaster. Place Browning Vent at Roast position.
Roasting Turkey

Weigh the turkey to determine cooking time. Singe and remove all pin feathers. Wash thoroughly and salt from inside. Stuff, truss, and rub turkey with melted fat. Note the directions given below for roasting.

Prepare turkey as suggested above and place on rack frame in cold roaster. Set the temperature control at 300°. Set Browning Vent at Roast position for entire cooking time.

- 6 to 10 pounds—18 to 20 minutes per pound
- 10 to 16 pounds—15 to 18 minutes per pound
- 16 to 22 pounds—12 to 15 minutes per pound

Chicken Fricassee

Temperatur e, 350° Time, 1 1/2 hours
Cut fowl into individual servings. Dip in flour, season and brown either in casserole or in frying pan on range surface. Pack into Nesco meat pan and add 3/4 cup of water. Set Browning Vent at Preheat position.
Chestnut Dressing for Turkey

(For 12 to 14-pound Turkey)

1/2 pound bacon, cut fine
1 onion, cut fine
4 1/2 cups chestnuts, shelled, blanched, boiled and mashed
4 cups soft bread crumbs

1/2 teaspoon thyme
3/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons parsley, chopped

Place bacon in frying pan and brown lightly. Add onion and cook until golden brown. Combine bacon-onion mixture with remaining ingredients, and stuff turkey as desired.

Chicken and Rice Creole

Temperature, 350°

2 to 3 pound chicken
1 onion, chopped
2 carrots
1 cup canned tomatoes
2 whole cloves

1/2 teaspoon paprika
1/4 teaspoon pepper
2 teaspoons salt
2 cups boiling water
1 cup uncooked rice

Clean chicken and cut into frying pieces. Flour lightly. Brown onion in fat, add chicken and brown. Combine carrots, tomatoes, cloves, paprika, pepper, salt, and water in Nesco meat pan. Add rice and browned chicken. Set Browning Vent at Bake position.

Chicken Cornbread Upside-Down Loaf

Temperature, 350°

3 cups minced chicken
2 tablespoons butter
1/4 cup chicken stock
2 eggs, beaten
2 cups buttermilk
3 tablespoons melted shortening

1 tablespoon cold water
1 tablespoon sugar
2 1/2 cups cornmeal
2 teaspoons salt
1 teaspoon soda
3 teaspoons baking powder

Combine chicken, butter and chicken stock in bottom of Nesco meat pan. For cornbread, combine the eggs, buttermilk, sugar, shortening, and water. Sift together the dry ingredients and add to the egg mixture, stirring vigorously until just mixed. Spread over the chicken and bake. Set Browning Vent at Bake. When ready to serve, add hot undiluted cream of mushroom soup for sauce.

Stewed Chicken

Temperature, 300°

4 to 6 pound fowl
2 cups water
1 1/2 teaspoon salt
1 carrot

1 onion
1 clove
1 stalk celery
2 to 3 peppercorns

Disjoint the fowl, or leave whole as preferred. Place in Nesco meat pan with other ingredients. Set browning vent at Preheat position. Meat of chicken cooked this way is used for creaming, a la King, a la Newburg, chicken pie, fricassee, salad, sandwiches, shortcakes, souffles, timbales and stew.
Your Nesco Roaster offers an excellent method of cooking fish—no matter what kind of fish your family prefers. Broiling under your broiler griddle will give variety. Steaming is a satisfactory method for preparing large thick pieces cut from a large fish. If steaming is done, an interesting flavor can be accomplished by the addition of the following:

1. Salt
2. Whole cloves
3. Sliced onion
4. Bay leaf
5. Parsley
6. Celery
7. Thyme

When baking fish, two general rules should be observed:

Lean or dry-meated varieties of fish need to be slit several times and have pieces of bacon or fat pork inserted. Then baste with fat. Oily-meated varieties will cook in their own fat.

Fish may be cooked from the frozen state with very little increase in cooking time.
### Baked Stuffed Fish

**Temperature, 375°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>whitefish</td>
<td>3 pounds</td>
</tr>
<tr>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>1 clove of garlic</td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>½ cup melted butter</td>
<td></td>
</tr>
<tr>
<td>4 cups soft bread crumbs</td>
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</tr>
</tbody>
</table>

Scale and clean fish, leaving head and tail on, if desired. Rub with salt inside and out. Make dressing for fish as follows: Rub mixing bowl with bruised clove of garlic. Beat egg in this bowl and add melted butter. Add all remaining ingredients and mix lightly. Stuff and truss fish. Place on greased cookie sheet set in lowest position of rack frame. Bake in preheated roaster with Browning Vent set at Bake the entire time.

### Deviled Crab en Casserole

**Temperature, 350°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons flour</td>
<td></td>
</tr>
<tr>
<td>2 cups milk</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons lemon juice</td>
<td></td>
</tr>
</tbody>
</table>

Place butter in saucepan and when melted add flour, stirring vigorously. Add milk and cook mixture until thickened. Add remaining ingredients and place in buttered Nesco meat pan. Top with 1 cup of bread crumbs that have been browned in frying pan in 4 tablespoons butter. Set Browning Vent at Bake position.

### Scalloped Oysters

**Temperature, 350°**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pint drained oysters</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon Worcestershire sauce</td>
<td></td>
</tr>
<tr>
<td>¼ pound crackers, rolled fine</td>
<td></td>
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</tbody>
</table>

Place oysters in bottom of greased casserole or Nesco meat pan. Season with salt, pepper and Worcestershire sauce and cover with a layer of crumbs. Repeat until oysters are used. Cover with undiluted soup. Top with cracker crumbs and dots of butter. Lay celery along top. Set Browning Vent at Bake position.

### Baked Fish Fillets

**Temperature, 500°**

Dip fish fillets in milk seasoned with salt and pepper. Roll each piece in fine dry bread crumbs. Place on cookie sheet and sprinkle with melted butter. Set cookie sheet in 4th position and bake in preheated roaster, with vent closed. Open vent after first 5 minutes.
USES FOR BROILER

Broiling

MEATS...VEGETABLES...FRUITS

Have you ever tried delicious broiled eggs? Just melt some butter or other fat in a small flat pan or on a cookie sheet and place about three inches under broiler. Then break eggs into fat. Continue cooking until desired doneness is reached.

Toasting

BREAD ... SANDWICHES ... APPETIZERS

If you want to toast a lot of bread quickly use the NESCO Broiler. Place the slices of bread on the baking rack about three inches from the broiler. Toast one side, then turn and toast the other. For toasted sandwiches, the same procedure may be followed.

Searing

Meats can be seared by placing in a large baking dish or on the bake rack shelf so that the meat is about one inch from the unit. Sear on one side, then turn and sear other side.

Browning

For quick browning of meringues or scalloped dishes, place the dishes in the roaster inset pan under the broiler unit until the desired browning is secured.
SUGGESTIONS FOR BROILING

Any foods such as fruits, vegetables and meats that can be broiled by other methods may be broiled with the Nesco Broiler.

Combinations of meats and vegetables, or meat, vegetables and fruits, may be broiled at the same time and served as quick Nesco broiler meals. Set the adjustable rack in the desired position before preheating the broiler; the food should be placed 2 or 3 inches below the broiler unit. The cookie sheet may be placed in the lowest position of the rack frame to act as a drip pan. This simplifies cleaning and also provides a holder for additional foods which may be reheated and seasoned with the drippings from the meat, while it is being broiled. Steaks and chops should be at least 1 inch to 1 1/2 inches thick and should be cut at the edges at 1-inch intervals so that they lie flat on the broiler rack. They tend to curl up if they are not cut. Season each side of meat either before or after broiling. Do not use cover when broiling.

Sirloin Steak

Grilled Tomatoes Buttered Carrots
Preheat Broiler 2 minutes
Time per side, Rare Steak, 8 minutes; Medium, 10 minutes; Well Done, 12 to 15 minutes

Place adjustable rack in middle position of rack frame, place cookie sheet below in lowest position to act as drip pan. Lower into cooking well and preheat. Place steak (1 1/2 inches thick) on rack and broil on one side to the desired degree of doneness, according to above directions. Turn steak and arrange carrots and tomatoes on rack with steak. To prepare tomatoes, cut large, firm tomatoes in half, crosswise, and sprinkle tops with melted butter, salt and pepper. To prepare carrots, scrape and cook until tender. Drain well, brush with melted butter, salt and pepper. Broil complete meal at least 8 minutes longer. Serve on hot platter, garnished attractively.

Jiffy Meal

Grilled Lamb Chops Savory Pears Grilled Potatoes
Preheat Broiler 2 minutes Time, 20 minutes

Lamb Chops: Wipe dry and brush with melted fat. Arrange on broiler rack. Season and turn once. Savory Pears: Brush over pear halves with French dressing. Add after chops have been turned. Grilled Potatoes: Cut boiled potatoes in 1-inch slices. Dip in mixture of 1 egg beaten with 3 tablespoons milk, 1/2 teaspoon salt and pepper. Roll in bread crumbs. Brush over with melted butter. Place on broiler rack. Turn with chops.
Grilled Ham Slice

Sweet Potatoes     Pineapple

Preheat Broiler 2 minutes      Time, 30 minutes      Serves 4

Place adjustable rack in 3rd position of rack frame. Place cookie sheet below in lowest position to act as drip pan. Lower into cooking well and preheat. Place a slice of ham (½ inch thick) on rack. Gash the fat to prevent curling. Broil ham 10 minutes and turn. Arrange the following on rack with ham: 4 slices of pineapple, sprinkled with brown sugar and dotted with whole cloves; 4 thick slices of cooked sweet potatoes which have been sprinkled with melted butter, salt and pepper. Broil complete meal 10 minutes longer. Serve all together on platter garnished with parsley.

Veal Patties with Bacon

This dinner for six will not require more than 30 minutes to serve, counting from the moment you remove your hat after an afternoon of bridge, shopping, or a movie. But the entire menu cannot be prepared in that time. The patties, stuffed peppers, and carrots are in the refrigerator, and ready to slide under the broiler—the salad and dessert ready to be served.

Preheat Broiler 2 minutes      Time, 20 minutes

1 1/2 pounds ground veal     1/4 teaspoon ground sage
1 cup soft crumbs           Salt and pepper
6 strips bacon               Melted fat

Lightly mix veal with seasonings and bread crumbs, shape into 6 squares about 1 inch thick. Wrap each with a strip of bacon. Brush with a little melted fat. Wrap and store in refrigerator until about 20 minutes before serving time. Heat broiler 2 or 3 minutes, place meat on the rack about 3 inches below the unit, and broil until brown. Then turn the meat and add the precooked carrots and stuffed peppers.
The broiler griddle of your Nesco is ideal for griddle cakes, served in combination with bacon or sausages.

A good general rule to follow for baking griddle cakes is: Preheat griddle for 10 or 15 minutes, while you are mixing the batter. Then brush griddle lightly with fat. Add batter by spoonfuls, making cakes of size desired. Cook until bubbles form, then turn cakes and bake until done.

After the griddle has been oiled and used the first time, you may add 2 or 3 additional tablespoons of melted fat or oil to any of the following recipes in place of using oil on the griddle.

**Buckwheat Cakes**

- ½ ounce compressed yeast
- 1 quart lukewarm water
- 1 teaspoon sugar
- ½ cup sifted all-purpose flour
- 1 teaspoon salt
- 3½ cups buckwheat flour
- 2 tablespoons molasses

Dissolve the yeast in a little warm water with sugar. Add to the rest of the water and mix with the flour, salt, and buckwheat flour to make a thin batter. Let raise over night, and next morning add molasses and bake on hot oiled griddle, in small cakes. Brown on both sides and serve with sugar or syrup.

**Griddle Cakes**

- 1 cup sifted flour
- ¼ teaspoon salt
- 2 teaspoons baking powder
- 1 egg
- 1 cup milk (scant)
- 1 teaspoon melted butter

Sift dry ingredients. Beat the egg and add the milk, then stir it in gradually to make a smooth batter. Add melted butter, and if not thin enough, use more milk. Heat Nesco griddle and grease it with a piece of fat, or add a small quantity of any desired fat. Pour batter from the end of a large spoon. When cakes are full of bubbles, turn with a pan cake turner and brown the other side. Wipe griddle with a greased cloth after each baking. The egg may be omitted.

Larger quantity: 3 cups flour, 1 ¹/₂ tablespoons baking powder, ¼ cup sugar, 1 teaspoon salt, 1 egg, 2 cups milk, 2 tablespoons melted butter or other cooking fat.
SOUPS AND CHOWDERS

If a large quantity of soup is being made, the cooking well is recommended. For smaller quantities, however, the meat roasting pan may be used most satisfactorily. In this case, place the pan containing the soup either directly on the bottom of the cooking well or on the rack frame, as desired. When making soup, Browning Vent will be set at Preheat or closed to retain the greatest amount of moisture and flavor. Stirring is unnecessary.

Beef Mulligan

Temperature, 300°  Time, 1½ hours
1 pound ground beef  1 small onion
½ pound ground ham  1 bay leaf
4 tablespoons fat  4 potatoes
2 cups soup stock  1 cup peas
1 teaspoon salt  1 cup diced carrots
½ teaspoon pepper  1 No. 2½ can tomatoes

Brown the meat in the shortening. Place all ingredients in Nesco meat pan. Place in the roaster, setting Browning Vent at Preheat.

Consomme

Temperature, 300°  Time, 3½ hours; Off ½ hour  Amount, 3 quarts
3½ pounds beef shank  4 whole cloves
3 tablespoons fat  4 sprigs parsley
3½ quarts cold water  2½ cup diced carrots
1½ tablespoons salt  2½ cup diced onions
1 bay leaf  2½ cup diced celery

Remove meat from bone and cut in small cubes. Preheat roaster and place fat in the cooking well. Add meat and brown lightly. Crack the soup bone and add, together with remaining ingredients. Set Browning Vent at Preheat. Pull out the plug at the end of 3½ hours and continue cooking on stored heat for ½ hour longer. Strain carefully, chill and skim off fat. Reheat and serve or use as foundation for other soups.

Creole Luncheon

Temperature, 300°  Time, 1½ hours
½ pound veal, cubed  3 cups diced celery
½ pound beef, cubed  1 No. 2½ can tomatoes
2 tablespoons fat  1 green pepper, diced
1 cup sliced onions  ½ cup uncooked rice
1 tablespoon sugar  1½ teaspoons salt

Brown the meat in the shortening. Place all ingredients in Nesco meat pan. Place in the roaster, setting the Browning Vent at Preheat. NOTE: Garlic may be added.

Onion Soup Au Gratin

Temperature, 400°  Time, 40 minutes  Amount, 1 quart
5 onions  Dry toast
¼ cup butter  Parmesan cheese
1 quart consomme or soup stock

Wash, peel and slice thinly 5 medium onions. Place butter in 3-quart vegetable pan and place pan on bottom of cooking well. It is not necessary to use the rack frame. When butter is melted add the onions and cook until tender but not brown. Add consomme or soup stock, cover pan, and heat thoroughly. Set Browning Vent at Preheat.

To serve, place slices of crisp dry toast in small earthenware pots. Cover generously with grated Parmesan cheese. If preferred, use Swiss or American cheese, grated. Pour hot soup over toast and place earthenware pots on adjustable rack set in lowest position. Connect broiler and broil for 2 or 3 minutes or just long enough to melt and brown cheese. Serve immediately.
Rome Chowder

Temperature, 300° Time, 1 1/2 hours

1/2 pound ground beef
1/2 pound ground pork
1 teaspoon cooking oil
2 cups uncooked spaghetti
1 small can pimientos
1 teaspoon salt
1 cup peas
1 cup ripe olives, pitted
1 onion, minced
1/2 pound cheese, cubed
1 No. 2 can tomatoes
1/4 teaspoon celery salt
1/4 teaspoon paprika

Brown meat in cooking oil. Place in Nesco meat pan with other ingredients. Place in roaster with Browning Vent set at Preheat.

Vegetable Soup

Temperature, 350° Time, 1 1/4 hours Serves 6

1 quart soup stock or consomme
1 cup diced carrots
1/2 cup diced white turnips
2 cups diced potatoes
1/2 cup tomatoes with juice
1 cup fresh peas
Salt to taste

Pour soup stock into meat roasting pan and bring to a boil. Add remaining ingredients. Cover and place on rack frame in preheated roaster. Cook with Browning Vent set at Preheat.

The Nesco makes a most adaptable steamer for either large or small quantities of food.

Place rack frame in well, add enough water to cover bottom of insert well to the depth of 1 inch.

Set temperature control to 500° and set Browning Vent at Preheat position. When water starts to form steam, place pans or molds of food to be steamed on rack frame. Reset temperature control to 300°. Allow 2 to 3 hours for steaming, depending on quantity of food to be steamed.

When steaming rice or dried fruits, it is not necessary to add water to the insert well, as steam is created from the water added to the fruit or rice.

Dried Fruit

1 pound prunes
1 pound apricots
Cover with water
Add sugar as desired

Place fruit in uncovered Nesco meat or vegetable pan. Place on rack frame. Set temperature control at 300°. Set Browning Vent at Preheat, 1 1/2 to 2 hours.

NOTE: Any kind of dried fruit may be used.

Rice

1 cup rice
3 cups water
1 teaspoon salt

Place rice and water in Nesco vegetable pan. Place pan on rack frame. Set temperature control at 300°. Set Browning Vent at Preheat, for 1 1/2 to 2 hours.
When you want to prepare a large quantity of food for a special occasion, the Nesco Roaster is ideal. Use the large inset pan or "roaster lining" for quantity cooking.

**Baked Beans**

**Temperature, 300°**

- 8 pounds navy beans
- 8 teaspoons salt
- 1 cup molasses
- 2 cups brown sugar
- 4 pounds salt pork, diced

**Time, 8 to 12 hours**

- 4 1/4 quarts water (substitute tomato juice or catsup for 1 quart of water if desired)
- 4 onions diced fine

Wash beans thoroughly and pick over. Mix dry beans with all ingredients in large Nesco insert pan. Cook very slowly, with Browning Vent set at Preheat position.

**Baked Beans**

**Temperature, 350°**

- 2 No. 10 cans baked beans with pork
- 2 cups catsup

**Time, 1 1/2 hours**

- 3/4 cup brown sugar
- 1 cup molasses
- 1 teaspoon ginger

Combine ingredients and bake 1 1/2 hours with Browning Vent set at Preheat position.
Tuna and Noodle En Casserole

Serves 50, each 1/3 cup

1 1/2 pounds dry noodles (9 cups)  1 4-ounce can pimiento
2 quarts boiling water  6 7-ounce cans tuna, flaked
2 tablespoons salt  8 ounces butter
1 quart chopped celery  4 ounces flour
2 tablespoons onion juice  1 1/2 teaspoons salt
1/2 teaspoon celery salt  2 quarts milk
2 No. 2 cans mushrooms

Cook noodles in salted water and drain. Add celery, onion juice, celery salt, mushrooms, pimientos, and tuna. Make white sauce of butter, flour, salt and milk. Add to tuna mixture. Pour into oiled Nesco insert pan. Bake approximately 1 1/2 hours, with Nesco temperature control at 350°. Set Browning Vent at Preheat.

Variation: Salmon, shrimp, lobster or crabmeat may be substituted for the tuna fish.

Chili Con Carne

Serves 75

1/4 pound fat  1/2 cup salt
3 pounds onions  1 small can chili powder
10 pounds beef, coarsely ground  1 cup flour
10 No. 2 cans red beans  2 cups water
6 No. 2 cans tomatoes

Preheat Nesco to 450°. Add fat to cooking well. Brown onions, then add chopped beef and heat for 30 minutes with Browning Vent at Roast. Add beans, tomatoes, salt and chili powder and bring to boil. Reduce temperature to 375°, and continue cooking for 1 hour. Mix flour and water to smooth paste. Add to mixture and cook for 15 minutes.

Braised Tongue

Temperature 300°  Time, 1 hour  Serves 48

1/2 cup diced onions  1 1/4 cups butter
3/4 cup diced carrots  1 1/4 cups flour
1 1/4 cups diced celery  3 1/2 tablespoons salt
3 quarts hot broth (or 1 2 teaspoons pepper
No. 10 can bouillon)  6 12-ounce cans tongue

Cook vegetables in broth. Make a sauce from butter, flour, salt, pepper and broth. Cut the tongue in thin slices and arrange in large insert pan. Pour sauce over tongue and heat slowly for 1 hour. Set Browning Vent at Preheat position.

Barbecued Spare Ribs

Serves 50

30 pounds ribs, cut into 1 1 tablespoon mustard
or 2 rib sections  1 1/2 teaspoons chili powder
2 tablespoons salt  1 1/2 teaspoons black pepper
1 whole onion  1/2 cup brown sugar
1 1/2 pints catsup  Red pepper as desired
3 tablespoons scraped onion (not more than 1/2
tablespoons celery seed  teaspoon)
2 tablespoons Worcestershire sauce  1 cup vinegar
2 1/2 teaspoons paprika  1/2 cup flour

Scald ribs in small quantity of hot water, add 1 tablespoon of salt and whole onion and simmer gently for 20 minutes. Drain. Cook remaining ingredients together for 5 minutes, mixing vinegar with flour and adding to rest of ingredients after they are hot — until flour has thickened sauce. Dip ribs in sauce, lay meat-side up in Nesco insert pan, being careful to pack rather loosely and to keep meat about 1/2 inch from outside edge of pan. Add 3 cups of drainings from ribs, or 3 cups of hot water. Cook for 3 hours at 350° without preheating roaster. (Use rack in roaster.) Set Browning Vent at Preheat position. Sauce may be made as hot and spicy as one may wish. The above makes a medium-hot, generally liked sauce.
PRESERVES—CANNING

RULES FOR USING THE ROASTER FOR THE OPEN KETTLE METHOD OF PRESERVING

1. Always leave large insert or roaster lining in position.
2. Place foods which are to be preserved or cooked in a cold roaster.
3. Set temperature control at 500° F.
4. Lid remains on roaster until ingredients begin to boil.
5. Turn lid crosswise on roaster, or leave partly open, in order to allow evaporation of moisture after the boiling temperature is reached.
6. Stir ingredients every 10 to 20 minutes, depending upon the thickness or thinness of the mixture, taking care not to slosh ingredients onto side of roaster.
7. Reduce temperature to 250° or 300° as ingredients thicken. This prevents sticking.

Preserves

As in all canning, success depends upon cleanliness, speed and perfect freshness. To insure a clear, plump, sparkling product, preserves should be cooked rapidly until transparent in a thin syrup entirely covering the fruit. Too large a pan thickens the syrup too quickly. This toughens and shrinks the fruit.

Preserves may be packed at once in boiling hot jars and covered with a very heavy syrup and sealed.

As a precaution against any mold growth, these jars may be processed in a water bath at a simmering temperature (180° F.) for 30 minutes, or at 200° in the roaster. Higher temperatures destroy flavor, color and texture. This step may be omitted if mold risk is not feared. To insure perfect color, full flavor, and plump form, do not pack hot, but allow to cool rapidly on shallow enamel trays, running cold water underneath to hasten the cooling. Allow to stand over night. Pack cold.

Bring the syrup in which the fruit has been standing to boiling. Thicken to desired density, completely fill the jar, seal and process in water bath as described above. Firm fruits, such as quinces, melon rinds, hard pears and crabapples, are better cooked in boiling water before adding the syrup.

Grape Conserve

4 pounds Concord grapes 1 orange, seeded and finely chopped
2 pounds sugar 1 cup finely chopped nuts
1/4 teaspoon salt
1 cup seedless raisins

Wash and drain the grapes, remove them from the stems, and slip off the skins and keep them separate.
Cook the grape pulp for about 10 minutes or until the seeds show. Press pulp through a sieve to remove the seeds. To the seedless pulp add the sugar, salt, raisins and orange.
Cook rapidly until the mixture begins to thicken, stirring frequently to prevent sticking. Add grape skins; cook for 10 minutes longer, or until the conserve is thick. Stir in the chopped nuts, and pour at once into hot sterilized jelly glasses. When cold, cover with melted paraffin and store in a cool, dry place.

Apricot Butter

5 pounds apricots Juice and grated rind of 1 orange
3 pounds sugar

Pit apricots, cut into small pieces, add sugar and orange. Cook to desired consistency. Pour into sterilized jars and seal.

Watermelon Rind Preserves

Cut the rind into small pieces of uniform shape and size. Soak over night in weak solution of salt water. Drain and wash. Weigh. Use the same weight of sugar as of melon rind.
Use 2 cups of water to each pound of sugar. Bring sugar and water to rolling boil in the cooking well, add melon rind and continue cooking slowly until transparent. Can in sterilized jars.
Apple Butter (Spiced)

1/2 gallon sweet cider  
2 gallons pared, cored and sliced apples
2 pints sugar  
1/2 teaspoon allspice  
1/2 teaspoon cinnamon

Boil sweet cider until it is reduced one-half. Add apples to cider while boiling. Cook slowly, stirring frequently so as to prevent sticking. When it begins to thicken add the sugar and spices. Cook until it remains in a smooth mass when a little is cooled. Pack into sterilized jars and seal.

Preserved Crab Apples

1 pound crab apples  
1 pound sugar  
1 cup water  
1/2 lemon, thinly sliced

If apples are small, leave whole, with or without stems. If large, pare, core and quarter. Make a syrup of sugar, water and lemon slices and bring to a boil. Add fruit and boil rapidly until transparent. Seal at once with heavy syrup or cool rapidly and use cold pack methods of processing.

Berry Jam

Wash berries, and combine with 3/4 by weight as much sugar, in alternate layers in an enamel-lined kettle. Cook rapidly, stir with wooden spoon, but do not stir rapidly or beat. Be careful to move mixture from bottom of pan. When the mixtures sheets off the side of the spoon instead of dropping, it should be removed immediately from the roaster.

Jams are thicker when cold than when hot. Do not be deceived into overcooking, with a resulting loss of flavor and color. Lemon juice will heighten the color of red fruits, and, if not too much is used, it will improve the flavor. Pour while hot into hot jars, seal or cover with paraffin or with cellophane moistened at the edges to form a seal.

Butters

These are made of the by-products of jelly-making, from pulp too good to throw away but not good enough for jelly, or from the very ripe fruit but not from spoiled or decayed parts. Only 1/2 as much sugar as strained or sieved pulp is required.

Spice is always added and excess water cooked away until the mixture resembles a spreading paste. Cider or cider-vinegar may be used instead of water when pulp is too thick. A mixture of ground spices such as cinnamon, allspice, and cloves is used on the basis of equal parts of the last two with half again as much cinnamon. These ingredients are purely a matter of individual taste.

Carrot, Winter Squash or Pumpkin Butter

6 pounds carrots, pumpkin  
or winter squash  
5 pounds light brown sugar  
5 lemons  
2 tablespoons ground ginger  
2 tablespoons ground cinnamon  
1 teaspoon allspice  
1 pint water

Peel vegetables; chop them fine or put them through food chopper. Add spices and sugar together with lemon juice, and rind put through chopper; let stand over night. In morning add 1 pint water; boil gently until vegetables are clear and soft and mixture thick. Pour into sterilized jars and seal.

Pineapple Apricot Jam

10 pounds apricots  
7 1/2 pounds sugar  
3 No. 2 cans pineapple (large)

Wash apricots, slice, mix with juice from canned pineapple together with diced or crushed fruit, and sugar. Cook to thicken. Seal hot.

NOTE: 5 pounds of washed, soaked, dried apricots run through food grinder may be substituted for a winter jam.
# BAKING

<table>
<thead>
<tr>
<th>FOOD</th>
<th>TEMPERATURE</th>
<th>TIME</th>
<th>RACK POSITION</th>
<th>BROWNING VENT POSITION</th>
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</thead>
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<td><strong>BREADS</strong></td>
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<tr>
<td>Yeast Bread</td>
<td>375°</td>
<td>60 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</td>
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<tr>
<td>1 loaf</td>
<td>400°</td>
<td>45-60 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</td>
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<td>3 loaves</td>
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<td>Yeast Rolls</td>
<td>425°</td>
<td>20-25 min.</td>
<td>Lowest</td>
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<td>10-15 min.</td>
<td>Lowest</td>
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<td>Muffins</td>
<td>375°-400°</td>
<td>20-30 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
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<tr>
<td><strong>CAKES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Layer</td>
<td>375°-400°</td>
<td>30-40 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>Loaf</td>
<td>325°-350°</td>
<td>45-75 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>Angel Food</td>
<td>Preheat to</td>
<td>60-70 min.</td>
<td>Rack Frame</td>
<td>Bake entire time</td>
</tr>
<tr>
<td></td>
<td>200°, place cake in roaster, then set at 325°</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>COOKIES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refrigerator or Rolled</td>
<td>450°</td>
<td>10-15 min.</td>
<td>Lowest</td>
<td>Preheat entire time</td>
</tr>
<tr>
<td>Drop</td>
<td>450°</td>
<td>10-20 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td><strong>PIES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One-crust — Custard</td>
<td>375°</td>
<td>45-60 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>Pastry Shell</td>
<td>475°</td>
<td>10-12 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>Two-crust Pie</td>
<td>400°</td>
<td>40-50 min.</td>
<td>Lowest</td>
<td>Bake entire time</td>
</tr>
<tr>
<td>2 Pies</td>
<td>425°</td>
<td>60-70 min.</td>
<td>1 pie on rack frame (left)</td>
<td>Bake entire time</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 pie on lowest position (right)</td>
<td></td>
</tr>
</tbody>
</table>
# Meat Roasting

<table>
<thead>
<tr>
<th>MEAT</th>
<th>TEMPERATURE</th>
<th>MINUTES PER POUND</th>
<th>BROWNING VENT POSITION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ribs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>350°</td>
<td>15-18</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Medium</td>
<td>350°</td>
<td>20-22</td>
<td></td>
</tr>
<tr>
<td>Well Done</td>
<td>350°</td>
<td>25-35</td>
<td></td>
</tr>
<tr>
<td>Sirloin Tip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>350°</td>
<td>15-20</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Well Done</td>
<td>350°</td>
<td>20-25</td>
<td></td>
</tr>
<tr>
<td>Rump</td>
<td>300°</td>
<td>35-40</td>
<td>Roast entire time</td>
</tr>
<tr>
<td><strong>PORK</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loin</td>
<td>350°</td>
<td>30</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Shoulder</td>
<td>350°</td>
<td>30-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Fresh Ham—Slice</td>
<td>300°</td>
<td>25-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Smoked Ham</td>
<td></td>
<td></td>
<td>Preheat until last hour, then Roast position</td>
</tr>
<tr>
<td>Whole</td>
<td>300°</td>
<td>20-25</td>
<td></td>
</tr>
<tr>
<td>Half</td>
<td>300°</td>
<td>25-30</td>
<td></td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td>350°</td>
<td>35-40</td>
<td>Roast entire time</td>
</tr>
<tr>
<td><strong>VEAL</strong></td>
<td>350°</td>
<td>25-30</td>
<td>Roast entire time</td>
</tr>
<tr>
<td><strong>POULTRY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Capon</td>
<td>350°</td>
<td>15-20</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3½ to 4½ pounds</td>
<td>350°</td>
<td>30-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>4½ to 6 pounds</td>
<td>350°</td>
<td>25-30</td>
<td></td>
</tr>
<tr>
<td>Duck</td>
<td>350°</td>
<td>30-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Goose</td>
<td>375°</td>
<td>30-35</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>Turkey</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 to 10 pounds</td>
<td>300°</td>
<td>18-20</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>10 to 16 pounds</td>
<td>300°</td>
<td>15-18</td>
<td></td>
</tr>
<tr>
<td>16 to 22 pounds</td>
<td>300°</td>
<td>12-15</td>
<td></td>
</tr>
<tr>
<td><strong>FISH</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole, Stuffed</td>
<td>375°</td>
<td>10 minutes additional per pound</td>
<td>Roast entire time</td>
</tr>
<tr>
<td>2 to 4 pounds</td>
<td>375°</td>
<td>5 minutes additional per pound</td>
<td></td>
</tr>
<tr>
<td>Over 4 pounds</td>
<td>375°</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Guarantee

All electrical equipment manufactured by the National Enameling and Stamping Company, with the exception of cord sets, porcelain enameled pans and parts, and time clocks, are guaranteed against defects in workmanship and material for a period of one year from date of purchase by the original user, provided it is used on the voltage circuits marked in the nameplate.

This guarantee is void if the unit is at any time immersed in water, or if an Automatic Roaster or Casserole is connected to Direct Current.

The Company agrees to repair or replace any defective parts under the guarantee which may develop under normal use, such repairs or replacements to be made at one of our authorized Service Stations. Correction of such defect by repair or replacement shall constitute a fulfillment of all obligation of the Company.
NESCO Authorized Service Stations

Parts or repairs for your NESCO appliance may be obtained from any of the following companies. Please contact the nearest one for service.

ATLANTA, GEORGIA
Woodall Electric Appliance Company
1024 Boulevard, Northeast

BIRMINGHAM, ALABAMA
Simmons Electric Company
2023 First Avenue, North

BOSTON, MASSACHUSETTS
Boudrot and Garside
157 Federal Street

CHICAGO, ILLINOIS
Wacker Electric Service, Inc.
25 North Wacker Drive

CINCINNATI, OHIO
Alto Electric Service
Room 302, Terminal Warehouse
49 Central Avenue

CLEVELAND, OHIO
Electrical Repair and Construction Co.
811 Prospect Avenue

DALLAS, TEXAS
Douglass Electric Appliance Company
1323 West Davis Street

DENVER, COLORADO
Midwest Electric Wiring Company
323 West Colfax

DETROIT, MICHIGAN
Cooley-Van Howe Service Company
744 Michigan Theatre Building

GRAND RAPIDS, MICHIGAN
Cooley-Van Howe Service Company
421 Peck Building
85 Monroe Avenue

JACKSONVILLE, FLORIDA
Baker-Phelps Company
16 West Duval Street

LOS ANGELES, CALIFORNIA
Electrical Appliance Service Corp.
726 West Venice Boulevard

MIAMI, FLORIDA
Florida Appliance Sales & Service Co.
751 West Flagler Street

MILWAUKEE, WISCONSIN
Power Equipment Company
2373 South Kinnickinnic Avenue

Charles W. Schneck Company
1333 North Twelfth Street

MINNEAPOLIS, MINNESOTA
Precision Machine Works
730 Lyndale Avenue, North

NEW YORK CITY, NEW YORK
Appliance Sales and Service Company
303 Fourth Avenue

(See Reverse Side for Additional Service Stations)
OKLAHOMA CITY, OKLAHOMA  
Wetherbee Electric Company  
412 Hudson Street

OMAHA, NEBRASKA  
Sterling Electric Company  
2429 Farnam Street

PHILADELPHIA, PENNSYLVANIA  
Gabell Electric Company  
259 South 20th Street

PITTSBURGH, PENNSYLVANIA  
Quick Service Electric Company  
Jenkins Arcade

PORTLAND, OREGON  
Bressie Electric Company  
909 Southwest 5th Street

ST. LOUIS, MISSOURI  
Kaemmerlen Electric Company  
2318 Locust Street

SALT LAKE CITY, UTAH  
Appliance Service Center, Inc.  
57 Richards Street

SAN DIEGO, CALIFORNIA  
Electrical Appliance Service Corp.  
302 17th Street

SAN FRANCISCO, CALIFORNIA  
Will M. Aronson Company  
955 Folsom Street

SEATTLE, WASHINGTON  
Electrical Engineering Company  
2012 Third Avenue

TORONTO, ONTARIO, CANADA  
Shock Electric Company  
670 Bloor Street, West

WASHINGTON, D. C.  
C. A. Leppert, Parts and Service  
914 Eye Street, Northwest

NATIONAL ENAMELING AND STAMPING COMPANY  
Milwaukee 1, Wisconsin

Form No. 1985 8-47 N.W.